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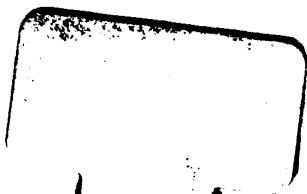
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212

RICHARD WARD GREENE WELLING.

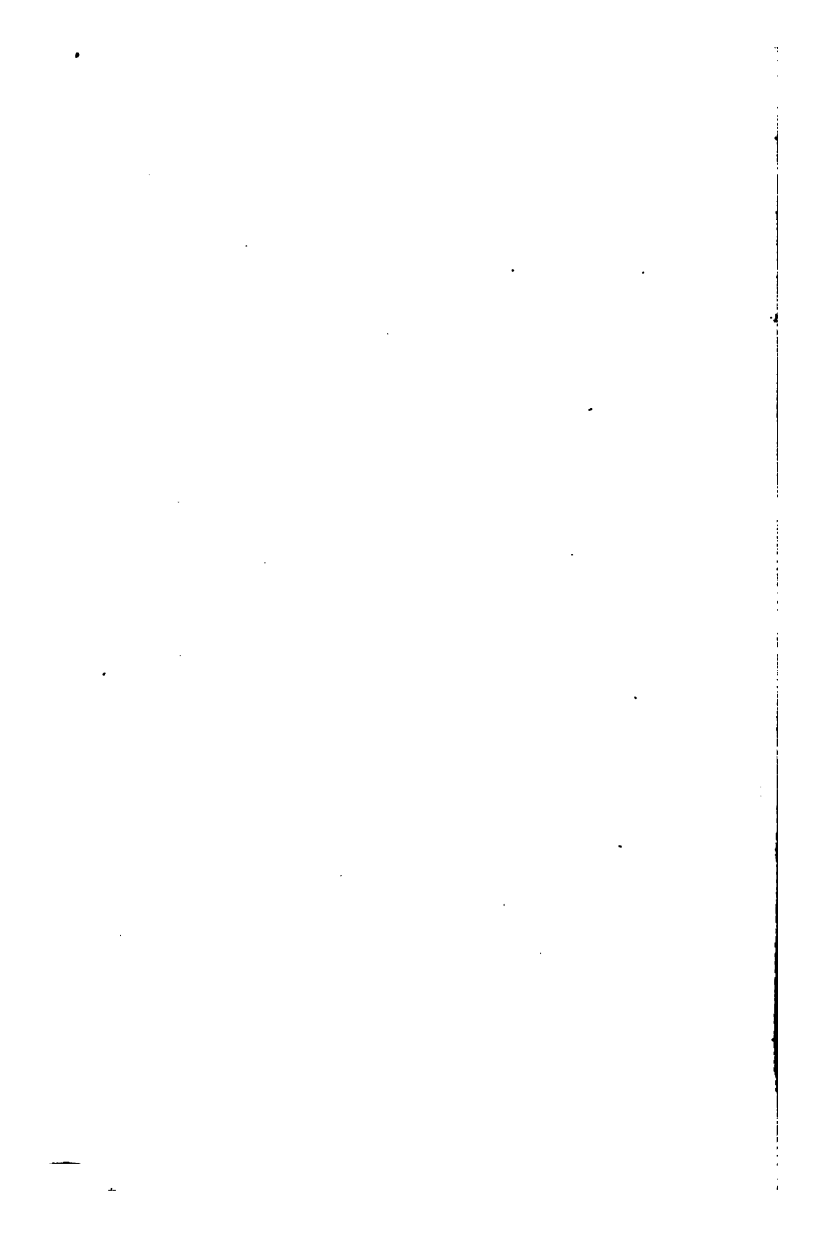


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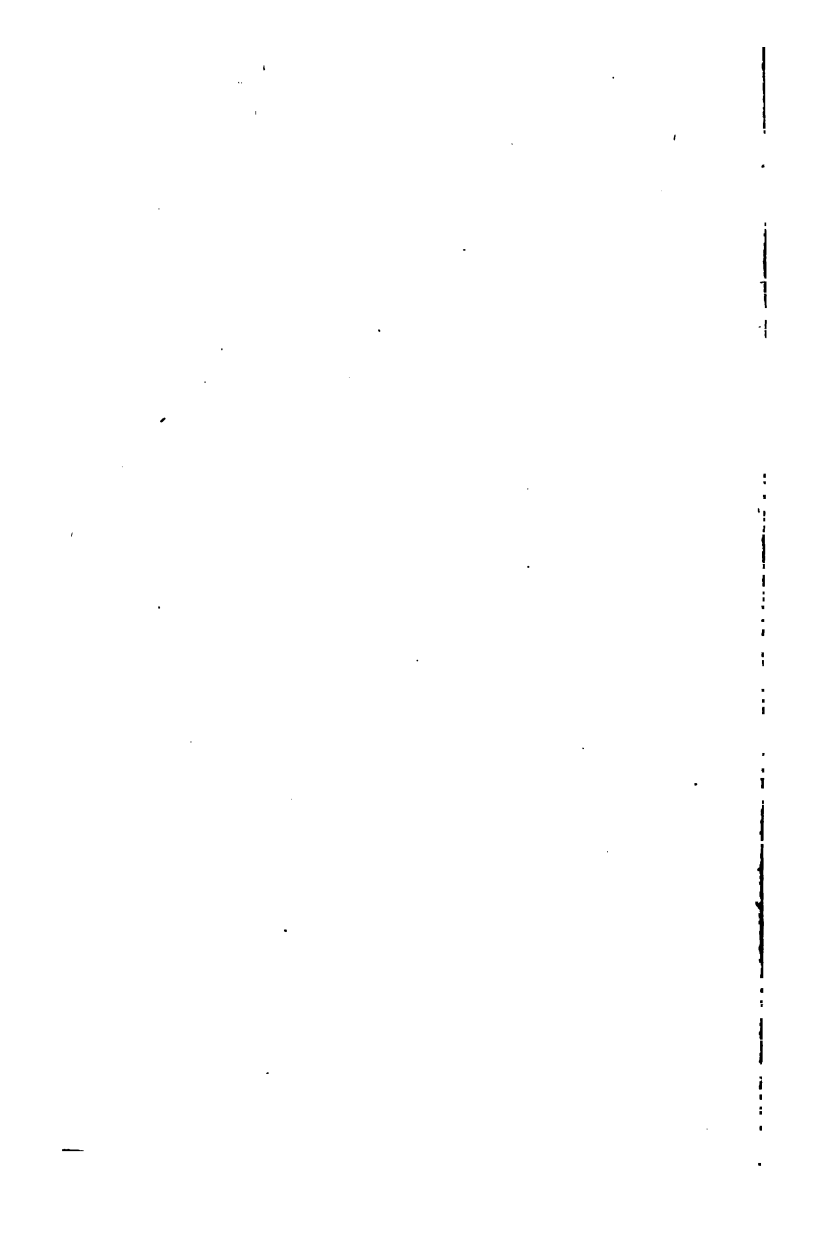
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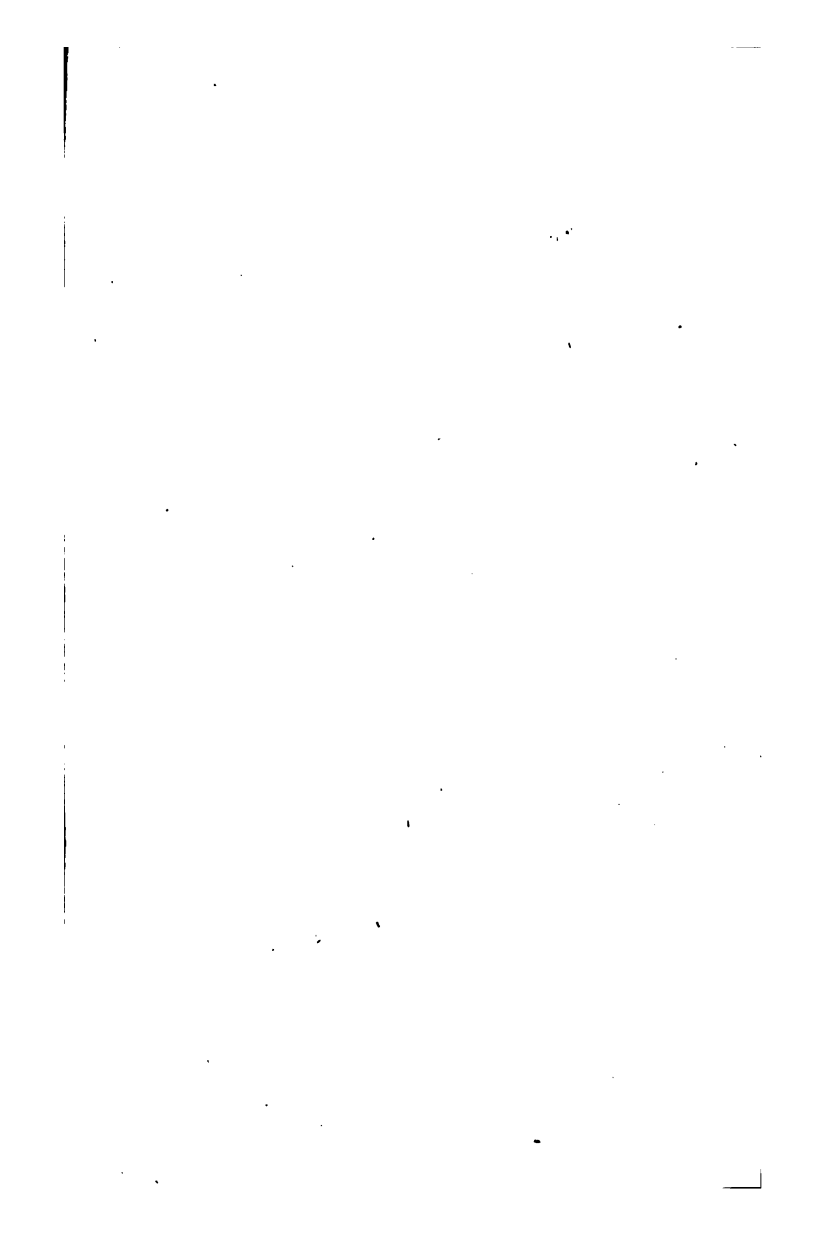
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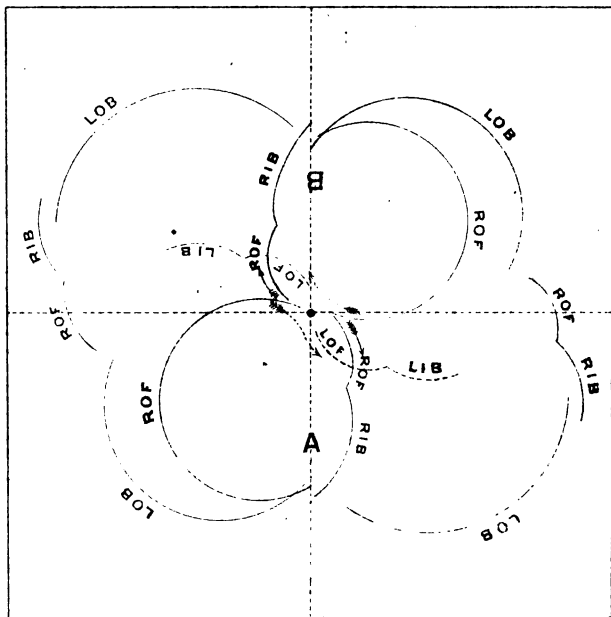
FIGURE SKATING.

MVT

March 1911







Twice Back—and Forward.

R. W. G. Welling

COMBINED FIGURE SKATING;

BEING A COLLECTION OF ALL THE KNOWN COMBINED FIGURES,
SYSTEMATICALLY ARRANGED, NAMED IN ACCORDANCE WITH
THE REVISED CODE OF "THE SKATING CLUB" LONDON,
AND ILLUSTRATED BY 130 SCALED DIAGRAM, SHOWING THE EXACT METHOD OF
SKATING EACH FIGURE; TOGETHER WITH A PROGRESSIVE SERIES OF
ALTERNATING "CALLS."

BY
MONTAGU S. F. MONIER-WILLIAMS, B.A., E
OF CHRIST CHURCH, OXFORD,

*Member of the Wimbledon Skating Club, and late Hon. Sec. of the
Oxford University Skating Club. Vice-President, Judge,
and First-class Badge-holder of the National Skating
Association of Great Britain;*

AND
STANLEY F. MONIER-WILLIAMS,
Member of the Wimbledon Skating Club.

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INTRODUCTION.

THE LONDON SKATING CLUB in virtue of its long-continued corporate existence, and the immense impulse it has given to the cultivation of figure skating, has hitherto been recognised as "The Skating Club" *par excellence*. It is undoubtedly among the members of this Club that the "Combined Figures" properly so called originated, and the fact that these Figures are generally known as "The Skating Club Figures" seems to be decisive as to their origin.

There is indeed a class of combined figures called the "Ladies' Figures" said to have originated in an old Oxford skating club which is well known to have existed among the citizens of Oxford in what skaters might call pre-historic times. Without doubt the Club which is said to have invented them possessed many clever skaters, but it has long ceased to exist, and it never seriously

imperilled the position of "The Skating Club," as the chief skating club of the day.

Of late years, however, a great development of the art of skating has taken place. The last twenty-five years, more especially, have seen a rapid advance, and notably the winters of 1878, 1879, 1880 gave an immense stimulus to combined figure skating. The result is that several large and important clubs have been established in different parts of England, some of whose members have achieved a right to claim a place in the foremost rank of figure-skaters, and are second to none in their devotion to the most difficult branches of the art.

Nevertheless it is acknowledged on all hands that combined figure skating owes its origin to "The Skating Club," and it is equally certain that the first grammar of the art was due to two distinguished members of that club—Messrs. Vandervell and Witham. Their work called "A System of Figure Skating" was first published in 1869. These gentlemen were, we believe, the originators of most of those combined figures which have laid

the foundation of the present system, and raised it to its present state of high perfection. And not only so—it may with truth be affirmed that all skaters are indebted to these same gentlemen for their energetic and successful endeavours to improve all branches of skating whether regarded as a science or an art.

Messrs. Vandervell and Witham, however, like all those who have achieved a pre-eminent position in any good work, have shewn themselves, we are happy to say, quite ready to welcome the efforts of others in the same field. It is with their full acquiescence that a supplement to their teaching is now laid before the public. Many new figures and new combinations of old figures have been invented since the publication of their book, and these require to be made generally known.

The following pages, therefore, are intended to expand the teaching of that book. By the kind permission of its authors, we have reproduced several of their figures, many of the earlier ones being either the same as those

which appear in "A System of Figure Skating" or modifications of them. But in addition to this it will be seen that we have introduced to the public for the first time many new and advanced figures (such as those containing the Rocking, Counter-rocking, and Bracket turns) which have not yet appeared in print.

The mild winter of 1881-1882 was much against the progress of our work. On no occasion was the frost hard enough to produce a day's skating. Consequently, the task of measuring our figures, and committing them roughly to paper had to be performed on "the Glaciarium" or real ice skating-hall at Southport in Lancashire. This ice-rink is, we believe, the only one which exists, and certainly deserves more patronage than it has hitherto enjoyed. The ice is always in beautiful condition; a freshly frozen surface is provided every morning, and is quite as good as the best black ice, frozen naturally. The rink itself is 150 feet long by 54 feet wide and affords ample room for two sets of combined figures. Here, when frost fails, enthusiastic

figure-skaters may always enjoy their favourite pursuit, with the advantage of being able to choose their own time.*

The plan of the following pages may almost be left to speak for itself. Our book is chiefly intended as a companion to Chap. XIV. of the latest edition of "A System of Figure Skating." The improvements we have attempted to effect may be distributed under five heads, as follow,

I. The exhibition in regular sequence of all the combined figures at present skated by "The Skating Club" London, the Wimbledon Skating Club, and others.

II. Trustworthy illustrations of the most important of these figures by diagrams, carefully drawn to scale, showing the correct direction of every curve executed by the

* The hall has lately been fitted at considerable cost with a new system of ventilation by which the atmosphere is rendered thoroughly dry and wholesome. The Glaciarium has certainly now been brought to a state of absolute perfection, and no more delightful place for figure skating can be imagined.

skater, and the recognised amount of circling round the centre.

III. The introduction into combined figure skating of the movements called "Rocking," "Counter-rocking," and "Bracket" turns.

IV. A Revised system of nomenclature.

V. A tabulated and progressive arrangement of alternating "Calls" for the use of "Callers" or for reference in case of dispensing with their services.

We propose giving a few explanations under each of these heads.

I. As to our mode of arranging the "Combined Figures"—

We have tried to make the list as exhaustive as possible by giving in most cases not only a pattern figure but others of the same kind skated from different edges. In many cases however a similar figure skated from a different edge is not satisfactory; in such a case the secondary figure has been omitted. The figures have been arranged together in suitable groups, beginning with the easy figures and ending with the more difficult,

including Mohawks, Rocking, Counter-rocking, and Bracket turns. A strict classification has not been attempted, as it is customary to interweave figures or portions of figures of separate groups one among the other.

It will be noticed that we have invariably employed a "Twice Back" in preference to a "Once Back" for the commencement of nearly all figures skated round the centre. The fact is that it is necessary to attain a certain amount of speed on commencing a figure, and when four or more skaters are taking part in it, they should all be well away from the centre before the first pair return. These objects are best secured by starting the figure with a "twice back." Even if there are only two skaters, it will be found the best plan to start in this manner, because both skaters then have an opportunity of learning each other's pace and style, and are better able to settle down to time before commencing the difficult portion of the figure. It is seldom that a "three times" or "four times back" is

employed, except when 8 or 12 skaters are joining in the figure.

The numbers attached to the figures in the list refer to the diagrams which illustrate them. Those which have no number have no diagram, but the method of skating them is easily inferred from the preceding figure of which a diagram is given. Against those figures of which an explanation will be found in Messrs. Vandervell and Witham's "System of Figure Skating" we have placed references to that book, (*e.g.*, V. and W. p. 226); but it must be noted that the "calls" there given do not in many cases correspond with those in our work which have been drawn up in accordance with the revised system of nomenclature to be afterwards explained.

For the use of skaters who wish to pass the first-class test of the National Skating Association we have included among our diagrams the sixteen combined figures which comprise Section B of that test. The numbers which refer to them are, Nos. 29, 31, 28, 30, 22, 24, 21, 23, 16, 18, 11, 17, 52 and 35, 94, 95, 34, respectively.

II. In regard to the diagrams and the method pursued by us in their delineation—the first point to note is that they are drawn to suit the capacities of the average skater. Let it be borne in mind that there are great difficulties in the way of making accurate and trustworthy diagrams of combined figures; and the reason is not far to seek. It will be found that if a number of persons skate a figure separately and without partners, the size of the figure executed by each in circling round the centre common to all, will vary very considerably. This is to be accounted for partly by the different capacities of the different skaters, and partly by their different methods of skating. Take for instance a figure such as “Twice back—and forward three turns” No. 41. A powerful skater will skate the separate movements of the figure and especially the “forward three turns” in curves so large that the radius of the circle round which he moves while executing the figure will be of a greater length than that of a moderately powerful skater. It must be clearly understood that

the diagrams merely show the position of the skater at any given point in the figure relatively to the centre ; so that, whether he skates in large or small curves, his position in each quarter of the circle into which the figure is divided must be similar to that in the diagram—consequently, the larger the curves of the skater, the further must he skate from the centre. It is the business of a powerful skater when skating a figure with a moderate partner to exercise self-control, and by no means to skate his partner down. This power of self-control, of adapting his skating to suit the capabilities of his partner, is a valuable merit, for there are more moderate than powerful skaters, and it is seldom that four really powerful skaters meet together.

Ἐν ἐκάστῳ τὸ μέσον λαβῆναι ἔργον, and this we can truly say has been *our* aim. Still it must be understood that those figures which include Rocking, Counter-rocking and Bracket turns—to be afterwards described—are only possible for powerful skaters. The skater must also understand that, because a curve in a certain

diagram may measure say 15 feet, he is not on that account to hold his edge absolutely for 15 feet whether his partner does so or not. His duty is to keep "square" with his partner, *i.e.*, to keep the centre in an imaginary straight line drawn between himself and his partner and to keep in time with him. Unless therefore both he and his partner are very powerful or very weak skaters, he will find that the diagrams fairly represent his course on the ice. In fact every one of the figures of which delineations have been given have first been carefully skated by ourselves and then measured and the diagrams themselves drawn to scale.

Another object we have had in view in making our diagrams is portability. It is hoped that this object has been effected without any sacrifice of clearness. To enable the book to be easily carried in the pocket or held in one hand on the ice we have been compelled to draw our diagrams on a scale of one inch to 20 feet. It will be seen that the radius of the circle round which the skaters are supposed to move varies from 20 to 30 feet. This is

calculated on the assumption that not more than four skaters are taking part in the figure. Four is the most usual number and it is with reference to that number that the diagrams are drawn. If more than four are skating, the radius of the circle and the size of the diagrams will be larger in proportion. Each diagram represents the movements of one skater only, starting in every case on the right foot. If the start be made on the left foot the diagram will of course be similar, but the skater will then of course start on the right of the centre, and circle to the left, instead of on the left of the centre and circling to the right.

We give as a frontispiece a diagram of the figure "Twice back and forward" showing the movements of two skaters (partners), and the manner in which they leave the centre and return to it, with reference to each other. The letters A and B show the positions of the two skaters when about to commence the figure, their respective courses being represented by the red and blue lines. The dotted red and blue lines show the directions of their

course when repeating the figure on the left foot.

We have given diagrams of nearly all the earlier figures as skated from both edges, but with regard to the later figures, only a Pattern diagram is given when it is certain that from what has gone before the others will be easily understood from it. At the head of each diagram is given a summary of the movements constituting the figure it represents, and at the foot, a summary of the movements constituting other figures, skated in a similar manner, but unrepresented by diagrams.

III. We have next to give some explanation of the Rocking and Counter-rocking turns, invented and so named by Mr. H. E. Vandervell. Both turns involve a change of direction without change of edge—a turn on one edge—either from outside edge in one direction to outside edge in another direction—or from inside edge in one direction to inside edge in another direction. The Rocking turn is turned in the same direction as the “Three” turn; the Counter-rocking turn, as its name

implies, in an opposite direction. Let us imagine a skater on a curve of outside edge forward on the right foot. He can make a turn to the outside edge backward in two ways, either by advancing his left shoulder and turning to the right, or by advancing his right shoulder and turning to the left. These two movements should be clearly distinguished. The former of the two is designated as a Rocking turn and the latter as a Counter-rocking turn.* On the outside edge forward on the left foot, the Rocking turn is turned to the left, and the Counter-rocking turn to the right. On the inside edge the directions are again reversed. The directions of turning on a back edge are also different to what they are on a forward edge. Thus it is not easy to remember without hesitation the right direction of turning, according as a Rocking or Counter-rocking turn is "called." But it is a very

* The Rocking turn in practice at Oxford was called "the Three-quarter turn" (a name given to it by Mr. W. R. Pidgeon), and afterwards the "Reverse-rocking turn."

important matter—for the consequences are disastrous if one skater makes a Rocking turn at the centre, and his partner by mistake makes a Counter-rocking turn.

The Rocking turns are all much easier than the Counter-rocking turns.

Of the Rocking turns the two back turns are the easiest, especially the back outside turn. Of the Counter-rocking turns the inside forward turn is the easiest, while the back outside turn is far the most difficult.

When the Counter-rocking turns are once turned there is no difficulty in holding the edge after the turn, but it is very difficult to hold the edge after turning either of the forward Rocking turns.

It will be noticed that we have drawn the Counter-rocking turns as if the marks left on the ice by the turn itself were similar to those of the Rocking turn. As a matter of fact we have never succeeded ourselves, or seen any one else succeed in skating the Counter-rocking turn without introducing a very slight portion of an opposite curve just before

the turn. When properly skated this portion of opposite curve is *very slight indeed*, and in the case of an outside Rocking turn is undoubtedly a curve of outside edge.

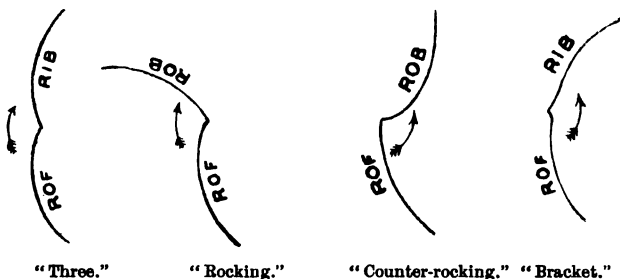
With continued practice we believe it will be possible to skate Counter-rocking turns without this curve, just as Rocking turns are now skated, and consequently we may be perhaps excused for having drawn them in what, so far as present practice is concerned, must be considered an ideal manner. It is certain, that Counter-rocking turns, even when skated in the present manner, are the most difficult of all turns.



With regard to the Bracket turn, this is a turn from outside to inside edge, or from inside to outside edge—forward or backward. It is turned in a direction contrary to the ordinary “Three” turn, and consequently in the same direction as the Counter-rocking turn. The name “bracket” was given to it by Mr. T. M. Witham, because the marks of the

turn on the ice resemble the shape of the bracket used in printing.

The drawings which we here give of the "Three," "Rocking," "Counter-rocking," and "Bracket" turns, will show at a glance the difference between them. In each case the turn is from the outside edge forward on the right foot.



The following is a list of the Rocking and Counter-rocking turns, arranged under different heads, with directions for turning the body in each case. When the skater has learnt each separately, he will know by instinct, and without having to think about it, which way to turn.

ROCKING TURNS.

Outside edge forward to outside edge backward.

Right foot,

Turn to the Right. Left shoulder forward.

Left foot,

Turn to the Left. Right shoulder forward.

Outside edge backward to outside edge forward.

Right foot,

Turn to the Left. Right shoulder forward.

Left foot,

Turn to the Right. Left shoulder forward.

Inside edge forward to inside edge backward.

Right foot,

Turn to the Left. Right shoulder forward.

Left foot,

Turn to the Right. Left shoulder
forward.

Inside edge backward to inside edge forward.

Right foot,

Turn to the Right. Left shoulder
forward.

Left foot,

Turn to the Left. Right shoulder
forward.

COUNTER-ROCKING TURNS.

Outside edge forward to outside edge backward.

Right foot,

Turn to the Left. Right shoulder
forward.

Left foot,

Turn to the Right. Left shoulder
forward.

Outside edge backward to outside edge forward.

Right foot,

Turn to the Right. Left shoulder
forward.

Left foot,

Turn to the Left. Right shoulder
forward.

Inside edge forward to inside edge backward.

Right foot,

Turn to the Right. Left shoulder
forward.

Left foot,

Turn to the Left. Right shoulder
forward.

Inside edge backward to inside edge forward.

Right foot,

Turn to the Left. Right shoulder
forward.

Left foot,

Turn to the Right. Left shoulder
forward.

Before concluding our explanations under this head, we may mention that some suggestions as to the different ways of attempting Rocking and Counter-rocking turns will be found in Messrs. Vandervell and Witham's "System of Figure Skating," but these turns were then only a doubtful possibility; they are now an accomplished fact. We have therefore introduced a great many diagrams of figures containing them into our book. Such figures are undoubtedly among the prettiest to watch; for the skater is constantly darting off at an entirely different angle from what is expected, and the resulting effect is very striking, especially when it is known that the movements involved are most difficult, and require great practice, precision and pluck. Yet the difficulties they present and the trouble they give are more than counter-balanced by the pleasure felt in mastering them. We can assure those who will make the experiment that the peculiar sensation experienced in executing turns of this kind will be found most delightful, and quite

unlike that produced by any other movement. Besides, the number of variations which can be effected in the figures by means of such turns is surprising.

IV. As to the fourth point—the revised nomenclature—the absence of a proper system of nomenclature for combined figures has long been a subject of common complaint among figure skaters.

Certain common terms, it is true, for example, “Twice back,” “Entire,” “Pass,” etc.—terms consecrated by long use and by the traditions of “The Skating Club”—have by general consent been adopted by all skaters to express shortly and conveniently certain movements. Again, there seems to have been a partial uniformity of practice among different Skating Clubs in the names assigned to the simplest figures ; but in regard to the more difficult figures it is not an unusual thing to hear members of different clubs calling the same figure by entirely different names. In fact—each club has adopted to a great extent a system of nomenclature of its own, and even

in the same club two "callers" will often give a figure a different name.

No doubt this confusion has arisen almost unavoidably from the circumstance that old names are quite inadequate to express the vast number of new figures which have arisen during the past few years.

Yet every lover of the art will admit that it is highly important, as a matter of convenience, that any number of skaters, whether belonging to different clubs, or to no clubs at all, should be able, when meeting on the ice for the first time, to skate together without any difficulty. It appeared to us, therefore, that in putting before the skating world for the first time a complete collection of combined figures, it was our duty to make an effort to bring about some uniformity of practice in regard to nomenclature.

"The Skating Club," among whose members the combined figures and their first names originated, and which is considered to hold the same position towards skating that the M.C.C. does towards cricket, was

undoubtedly the proper authority from which a revision of the nomenclature should emanate.

On September 11th, 1882, therefore, a Select Committee of "The Skating Club" was called together, and in conjunction with ourselves deliberated for some hours on the whole subject. The result was that the following Rules and Definitions were agreed upon.

1. Every movement of a "call" shall be commenced on the "outside" edge unless "inside" be specified.

2. Each movement shall be continued on one foot until the call indicates a change of foot.

3. The word "and" in a call shall indicate change of foot.

4. Every figure shall begin and end at the centre.

5. The centre shall not be passed in the figure, unless so called, except in the cases of the terms "entire," "pass," and "meet."

6. The term "Change" indicates a change of edge by means of a serpentine line.

7. The term "Reverse" shall be applied only to Q's in which the turn precedes the change.

8. The term "Entire" signifies a Cross Roll at the centre, either forward or backward, as indicated by the call.

We now, therefore, call attention to a fact which, it will be admitted, greatly enhances the value of the present work—namely, that all the combined figures it contains have been systematically named in strict accordance with the above Rules and Definitions, as agreed upon by the most recent decision of the highest skating authorities.

It will be seen that but few radical changes have been introduced. The old names have been preserved as much as possible, but in accordance with a settled system. The word "and" which was previously thrown indiscriminately into a "call" has been particularly emphasized, and

limited to something definite, *i.e.* Change of foot. The word "out" has been substituted for "Outwards." The word "Change" has also henceforward a special meaning—so that the old call "Forward out and in outwards" becomes "Forward change out." The word "Reverse" which was before used for all kinds of figures, —*e.g.* for inside Threes, inside Q's, one form of Rocking turn, etc.,—is now limited to Q's, and to those Q's only in which the turn precedes the change. The word "Entire" is declared to mean a forward cross roll at the centre as well as a back cross roll.

It is sincerely to be hoped that all figure skaters will take the trouble to master the revised nomenclature. By no other means can a uniform system of calling be established throughout England, which all agree to be a most desirable end.

To make clear at a glance the number of times the feet are changed in any one figure we have arranged the names of the figures at the heads of the diagrams in such a way that a new line indicates a change of foot. Elsewhere,

a dash (—) is employed to indicate the same change. The “Twice back,” which occurs so often, is a term to express shortly four separate movements, *i.e.* a “forward Three,” and a drop on to the “back” of the other foot, each skated twice—so that in the “Twice back” the foot is changed three times.

V. With regard to our tabulated arrangement of “calls” in a progressive series,—this is intended to assist the “caller,” and to be useful for reference in case figures are so well committed to memory that his services may be dispensed with.

The act of giving the word of command to all the skaters taking part in a combined figure has been denominated “calling,” and is by no means a simple matter.

The qualifications needed for a good caller are manifold. They are as follows:—First he must have a thorough knowledge of all the combined figures so as never to be at a loss for a new figure, and always to know whether the figure he has called is a self-alternating figure, *i.e.* whether it repeats itself on the other

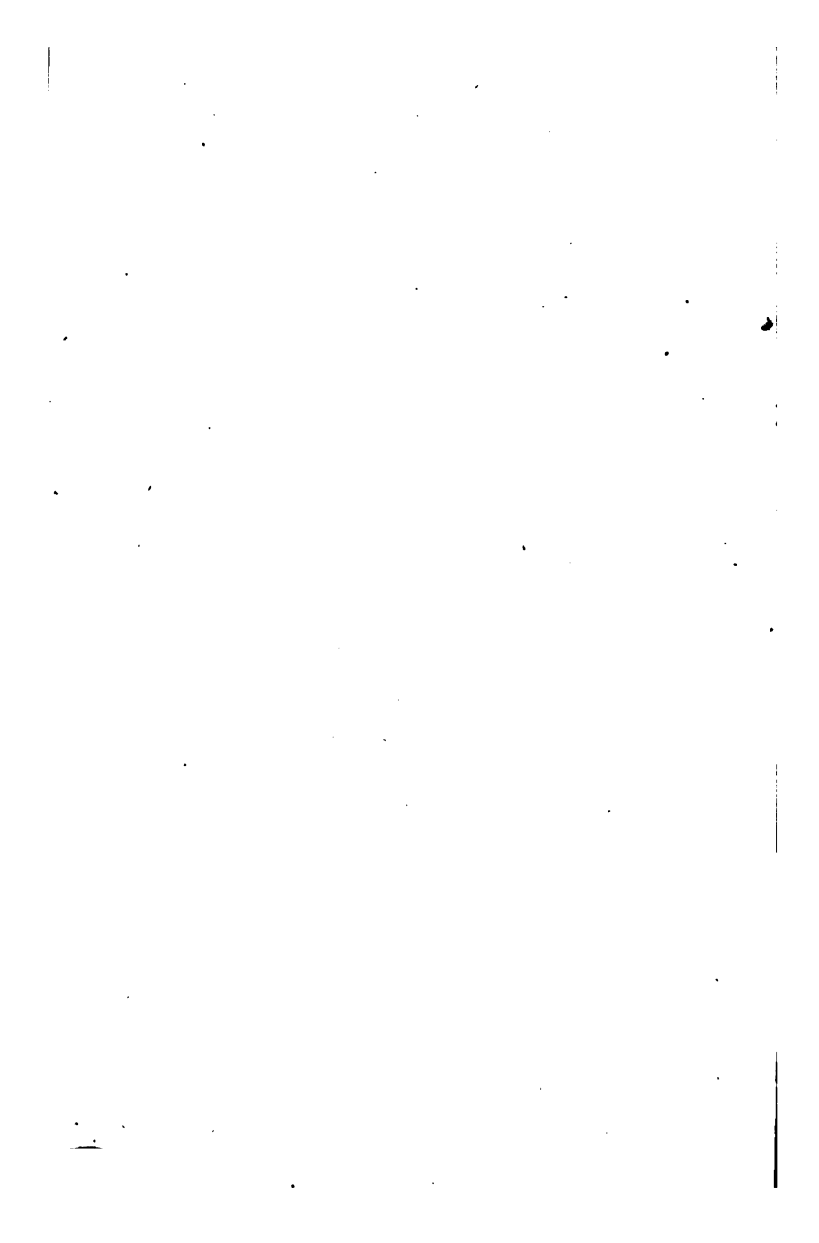
foot, or whether another figure requires to be inserted to enable the feet to be changed. Secondly—he must be able to gauge the capacities of all the skaters, and must not call a figure which he believes to be too hard for any one of them, lest by so doing he should break up the figure. Thirdly—he must not call too many difficult figures one after another, unless his skaters are all very first-rate performers. Lastly—if the figure is not going smoothly, and his skaters get out of time and “out of square,” he must exercise judgment in at once calling an easy figure “out” from the centre in preference to any other, so as to give them a chance of righting themselves.

It is usual in Skating Clubs for one or two men who are accustomed to the duty to undertake the “calling.” If by chance such experts are not on the spot, and the services of a person unused to the task are enlisted, the difference in the “go” of the figure is very marked.

We have attempted to arrange our series of calls according to the ideal of a good caller

sketched above. They will serve as a guide for arranging others on similar lines. The first set is the easiest, the second rather harder, and so on progressively until we reach the ninth and tenth sets, which are very difficult. It will be seen that in each set the figures have been arranged in groups, in such a manner that if the skaters commence at the beginning of any one group and skate through it, they will find that the separate figures contained in that group have been skated on the right and left feet alternately.

We venture in conclusion to express a hope that our diagrams in conjunction with the well-known work, "A System of Figure Skating," may give really effective aid to all young skaters who aspire to initiation into the mysteries of combined figure skating, and may assist those who have little opportunity of obtaining practical instruction from experts, to achieve by self-tuition and persevering practice a distinguished place among the foremost skaters of the day.



THE COMBINED FIGURES.

1. Forward three. (See V. & W. p. 226.) *
Forward inside three.
2. Twice back—and forward. (See V. & W. p. 230.)
3. Twice back—and forward three. (See V. & W. p. 227.)
4. Twice back—and forward—and forward inside three.
5. Twice back, back three.
6. Twice back—and back inside three.
7. Twice back, meet—and forward three. (See V. & W. p. 230.)
8. Twice back, to centre—and forward inside three.
9. Twice back—and forward—and forward entire.
10. Twice back—and back entire—and forward three. (See V. & W. p. 230.)
11. Twice back—and forward change at centre. (See V. & W. p. 243.)
12. Twice back—and forward—and forward inside change at centre. (See V. & W. p. 249.)
13. Twice back, back change at centre. (See V. & W. p. 247.)

* "A System of Figure Skating" 3rd Edition, by Messrs. Vandervell & Witham. (London, Horace Cox, 348, Strand).

14. Twice back—and back inside change at centre.
(See V. & W. p. 251.)
-

15. Twice back—and forward Q (changing at centre).
(See V. & W. p. 244.)

16. Twice back—and forward—and forward inside Q
(changing at centre). (See V. & W. p. 250.)

17. Twice back, back Q (changing at centre). (See
V. & W. p. 247.)

18. Twice back—and back inside Q (changing at
centre). (See V. & W. p. 251.)
-

19. Twice back—and forward Q (turning at centre).
Twice back—and forward—and forward inside
Q (turning at centre).

Twice back, back Q (turning at centre).

Twice back—and back inside Q (turning at
centre).

20. Twice back—and forward Q.

Twice back—and forward—and forward in-
side Q.

Twice back, back Q.

Twice back—and back inside Q.

21. Twice back—and forward reverse Q (turning at
centre)—and forward.

22. Twice back—and forward three—and forward
inside reverse Q (turning at centre)—and
inside forward.

23. Twice back, back reverse Q (turning at centre)
—and inside forward.

24. Twice back—and back inside reverse Q (turning
at centre)—and forward.

25. Twice back—and forward reverse Q (changing at centre)—and forward.

Twice back—and forward three—and forward inside reverse Q (changing at centre)—and inside forward.

Twice back, back reverse Q (changing at centre)—and inside forward.

Twice back—and back inside reverse Q (changing at centre)—and forward.

26. Twice back—and forward reverse Q.

Twice back—and forward three—and forward inside reverse Q.

Twice back, back reverse Q.

Twice back—and back inside reverse Q.

27. Twice back—and forward reverse Q—and back entire—and forward three.

Twice back—and forward Q—and back entire—and forward three.

28. Twice back—and forward Large three.

29. Twice back—and forward three—and forward Large inside three.

30. Twice back, back Large three.

31. Twice back—and back Large inside three.

32. Twice back—and forward Large three (turning at centre).

Twice back—and forward three—and forward Large inside three (turning at centre).

Twice back, back Large three (turning at centre).

Twice back—and back Large inside three (turning at centre).

33. Twice back—and forward three, change at centre, back three.

Twice back—and forward—and forward inside three, change at centre, back inside three.

Twice back, back three, change at centre, forward three.

Twice back—and back inside three, change at centre, forward inside three.

34. Twice back—and back entire—and back eight.
-

35. Forward two turns. (See V. & W. p. 234.)

Forward inside two turns. (See V. & W. p. 238.)

36. Forward three turns. (See V. & W. p. 235.)

Forward inside three turns.

Forward four, five or six turns, etc.

Forward inside four, five or six turns, etc.

37. Twice back—and forward two turns. (See V. & W. p. 236.)

38. Twice back—and forward—and forward inside two turns.

39. Twice back, back two turns.

40. Twice back—and back inside two turns.
-

41. Twice back—and forward three turns. (See V. & W. p. 236)

Twice back—and forward—and forward inside three turns.

Twice back, back three turns.

Twice back—and back inside three turns.

Twice back—and forward four, five or six turns, etc., etc.

42. Twice back, meet—and forward two turns. (See V. & W. p. 237.)

Twice back, meet—and forward three turns.

Twice back, meet—and forward four, five or six turns, etc.

43. Twice back—and forward two turns, forward Q (changing at centre).

Twice back—and forward—and forward inside two turns, forward inside Q (changing at centre).

44. Twice back, back two turns, back Q (changing at centre).

Twice back—and back inside two turns, back inside Q (changing at centre).

45. Twice back—and forward three turns, back inside Q (changing at centre).

Twice back—and forward—and forward inside three turns, back Q (changing at centre).

Twice back, back three turns, forward inside Q (changing at centre).

Twice back—and back inside three turns, forward Q (changing at centre).

46. Twice back—and forward two turns, change at centre, forward inside two turns—and forward.

Twice back—and forward—and forward inside two turns, change at centre, forward two turns—and forward.

47. Twice back, back two turns, change at centre, back inside two turns—and inside forward.
Twice back—and back inside two turns, change at centre, back two turns—and forward.
-
48. Twice back—and forward three turns, change at centre, back three turns—and forward.
Twice back—and forward—and forward inside three turns, change at centre, back inside three turns—and inside forward.
Twice back, back three turns, change at centre, forward three turns—and forward.
Twice back—and back inside three turns, change at centre, forward inside three turns—and forward.
-
49. Twice back—and back entire, back two turns—and forward.
Twice back—and back entire, back three turns—and forward.
-
50. Twice back—and forward three turns—and back, meet—and forward two turns.
Twice back—and forward three turns—and back, meet, and forward three turns. (See V. & W. p. 238.)
-
51. Twice back—and forward three turns—and back—and back entire—and forward. See V. & W. p. 238.)
-
52. Twice back—and forward three turns—and back—and back entire, back two turns—and forward two turns.
Twice back—and forward—and forward inside three turns—and back entire—and back

inside two turns—and forward inside two turns.

53. Forward change out—and forward in. (See V. & W. p. 252)
 54. Forward inside change out—and forward in.
 55. Once back, back change out—and forward in. (See V. & W. p. 252.)
 56. Once back—and back inside change out—and forward in.
-
57. Forward three out—and forward inside three in.
Forward inside three out—and forward three in.
 58. Forward three out—and back three in.
Forward inside three out—and back inside three in.
-
59. Forward three out, change, back three in.
Forward inside three out, change, back inside three in.
-
60. Forward two turns out—and forward inside two turns in.
Forward inside two turns out—and forward two turns in.
Forward three turns out—and forward inside three turns in.
Forward inside three turns out—and forward three turns in.
Forward three turns out—and back three turns in.
Forward inside three turns out—and back inside three turns in.

61. Forward two turns out, change, forward inside two turns in.

Forward inside two turns out, change, forward two turns in.

Forward three turns out, change, back three turns in.

Forward inside three turns out, change, back inside three turns in.

62. Forward Q out—and forward in. (See V. & W. p. 254.)

63. Forward inside Q out—and forward in.

64. Once back, back Q out—and forward in. (See V. & W. p. 256.)

65. Once back—and back inside Q out—and forward in.

66. Forward reverse Q out—and forward in.

67. Forward inside reverse Q out—and forward in. (See V. & W. p. 257.)

68. Once back, back reverse Q out—and forward in.

69. Once back—and back inside reverse Q out—and forward in.

70. Forward Q out—and forward Q in.

Forward Q out—and forward inside Q in.

Forward inside Q out—and forward inside Q in.

Forward inside Q out—and forward Q in.

71. Forward Q out—and back Q in.

Forward Q out—and back inside Q in.

Forward inside Q out—and back inside Q in.

Forward inside Q out—and back Q in.

72. Forward Q out, back Q in.
Forward inside Q out, back inside Q in.
Forward Q out, change, back inside Q in.
Forward inside Q out, change, back Q in.
-
73. Forward reverse Q out—and forward reverse Q in.
Forward reverse Q out—and forward inside reverse Q in.
Forward inside reverse Q out—and forward inside reverse Q in.
Forward inside reverse Q out—and forward reverse Q in.
-
74. Forward reverse Q out—and back reverse Q in.
Forward reverse Q out—and back inside reverse Q in.
Forward inside reverse Q out—and back inside reverse Q in.
Forward inside reverse Q out—and back reverse Q in.
-
75. Forward reverse Q out, back reverse Q in
Forward inside reverse Q out, back inside reverse Q in.
Forward reverse Q out, change, back inside reverse Q in.
Forward inside reverse Q out, change, back reverse Q in.
-
76. Forward—and forward change out—and forward in.
Forward—and forward inside change out—and forward in.

Inside forward—and forward inside change out
—and inside forward in.

Inside forward—and forward change out—and
forward in.

77. Forward—and forward three out—and forward
in.

Inside forward—and forward inside three out
—and inside forward in.

78. Forward—and forward inside three out—and
forward in.

Inside forward—and forward three out—and
forward in.

79. Forward—and forward two turns out—and for-
ward in.

Forward—and forward inside two turns out—
and forward in.

Inside forward—and forward inside two turns
out—and inside forward in.

Inside forward—and forward two turns out—
and forward in.

80. Forward—and forward three turns out—and for-
ward in. (See V. & W. p. 260.)

Forward—and forward inside three turns out—
and forward in.

Inside forward—and forward inside three turns
out—and inside forward in.

Inside forward—and forward three turns out—
and forward in.

81. Once back—and back two turns out—and for-
ward in. (See V. & W. p. 260.)

Once back—and back inside two turns out—
and forward in.

Once back—and back three turns out—and forward in.

Once back—and back inside three turns out—and forward in.

82. Forward—and forward Q out—and forward in.
Forward—and forward inside Q out—and forward in. (See V. & W. p. 261.)

Inside forward—and forward inside Q out—and inside forward in.

Inside forward—and forward Q out—and forward in.

83. Forward—and forward reverse Q out—and forward in.

Forward—and forward inside reverse Q out—and forward in.

Inside forward—and forward inside reverse Q out—and inside forward in.

Inside forward—and forward reverse Q out—and forward in.

84. Forward Q, back Q out—and forward Q, back Q in.

Forward inside Q, back inside Q out—and forward inside Q, back inside Q in.

Forward Q, back Q out—and forward inside Q, back inside Q in.

Forward inside Q, back inside Q out—and forward Q, back Q in.

85. Forward Q out, back Q in, change at centre, forward inside Q out, back inside Q in.

Forward inside Q out, back inside Q in, change at centre, forward Q out, back Q in.

Forward Q, back Q out, change, back inside Q, forward inside Q in.

Forward inside Q, back inside Q out, change, back Q, forward Q in.

86. Forward reverse Q, back reverse Q out—and forward reverse Q, back reverse Q in.

Forward inside reverse Q, back inside reverse Q out—and forward inside reverse Q, back inside reverse Q in.

Forward reverse Q, back reverse Q out—and forward inside reverse Q, back inside reverse Q in.

Forward inside reverse Q, back inside reverse Q out—and forward reverse Q, back reverse Q in.

87. Forward reverse Q out, back reverse Q in, change at centre, forward inside reverse Q out, back inside reverse Q in.

Forward inside reverse Q out, back inside reverse Q in, change at centre, forward reverse Q out, back reverse Q in.

Forward reverse Q, back reverse Q out, change, back inside reverse Q, forward inside reverse Q in.

Forward inside reverse Q, back inside reverse Q out, change, back reverse Q, forward reverse Q in.

88. Forward three, change out, back three—and forward in.

Forward inside three, change out, back inside three—and forward in. (See V. & W. p. 259.)

89. Forward three—and forward inside Q out—and forward inside change in.

Forward three—and forward inside reverse Q out—and forward inside change in.

90. Forward inside three—and back Q out—and forward change in.

Forward inside three—and back reverse Q out—and forward change in.

91. Twice back—and back entire—and back two turns out—and forward in.

Twice back—and back entire—and back three turns out—and forward in.

92. Twice back—and forward, pass.

Twice back—and forward—and inside forward, pass.

93. Twice back, pass.

Twice back—and inside back, pass.

94. Twice back—and forward two turns, pass.

Twice back—and forward—and forward inside two turns, pass.

Twice back—and forward three turns, pass.

Twice back—and forward—and forward inside three turns, pass.

95. Twice back, back two turns, pass.

Twice back—and back inside two turns, pass.

Twice back, back three turns, pass.

Twice back—and back inside three turns, pass.

96. Twice back—and forward, pass—and forward two turns out—and forward in.

Twice back—and forward—and inside forward,
pass—and forward inside two turns out—
and inside forward in.

Twice back—and forward, pass—and forward
three turns out—and forward in.

Twice back—and forward—and inside forward,
pass—and forward inside three turns out—
and inside forward in.

Twice back—and forward, pass—and forward Q
out—and forward in.

Twice back—and forward—and inside forward,
pass—and forward inside Q out—and inside
forward in.

97. Twice back, pass—and back two turns out—and
forward in.

Twice back—and inside back, pass—and back
inside two turns out—and inside forward in.

Twice back, pass—and back three turns out—
and forward in.

Twice back—and inside back, pass—and back
inside three turns out—and inside forward in.

Twice back, pass—and back Q out—and for-
ward in.

Twice back—and inside back, pass—and back
inside Q out—and inside forward in.

98. Twice back, pass—and back entire—and back
two turns out—and forward in.

99. Twice back—and forward three, pass, change,
pass—and forward three.

100. Twice back—and forward—and forward inside
three, pass, change, pass—and forward
inside three.

Twice back, back three, pass, change, pass—
and forward inside three.

Twice back—and back inside three, pass,
change, pass—and forward three.

101. Twice back—and forward mohawk at centre.

102. Twice back—and forward pass-mohawk at
centre.

103. Twice back—and forward mohawk at centre,
back Q out—and forward in.

104. Twice back—and forward mohawk at centre—
and back two turns out—and forward in.

Twice back—and forward mohawk at centre
—and back three turns out—and forward
in.

105. Forward mohawk—and back entire—and for-
ward mohawk. (See V. & W. p. 262.)

106. Forward—and forward inside mohawk, back
inside two turns. (See V. & W. p. 264.)

Forward—and forward inside mohawk, back
inside three turns.

107. Twice back—and forward Rocking turn at
centre.

108. Twice back—and forward—and forward inside
Rocking turn at centre.

109. Twice back, back Rocking turn at centre.

110. Twice back—and back inside Rocking turn at centre.
-
111. Twice back—and forward Counter-rocking turn at centre.
112. Twice back—and forward—and forward inside Counter-rocking turn at centre.
113. Twice back, back Counter-rocking turn at centre.
114. Twice back—and back inside Counter-rocking turn at centre.
-
115. Twice back — and forward Rocking turn at centre, back Q out—and forward in.
Twice back—and forward—and forward inside Rocking turn at centre, back inside Q out—and inside forward in.
Twice back, back Rocking turn at centre, forward Q out—and forward in.
Twice back—and back inside Rocking turn at centre, forward inside Q out—and inside forward in.
-
116. Twice back—and forward reverse Q (changing at centre), back Rocking turn.
Twice back—and forward—and forward inside reverse Q (changing at centre), back inside Rocking turn.
-
117. Twice back—and forward pass-mohawk at centre, back Rocking turn.
-
118. Twice back, back Rocking turn at centre, forward mohawk.

119. Twice back—and forward—and forward inside three, back Rocking turn at centre.
 Twice back—and forward three, back inside Rocking turn at centre.
 Twice back, back three, forward inside Rocking turn at centre.
 Twice back—and back inside three, forward Rocking turn at centre.
-
120. Twice back—and forward three, back inside Counter-rocking turn at centre.
 Twice back—and forward—and forward inside three, back Counter-rocking turn at centre.
 Twice back, back three, forward inside Counter-rocking turn at centre.
 Twice back—and back inside three, forward Counter-rocking turn at centre.
-
121. Twice back — and forward Bracket turn at centre.
122. Twice back—and forward—and forward inside Bracket turn at centre.
123. Twice back, back Bracket turn at centre.
124. Twice back—and back inside Bracket turn at centre.
-
125. Twice back—and forward Bracket turn at centre —and forward inside Bracket turn — and back entire—and forward.
-
126. Forward three, back inside Bracket turn.
 Forward inside three, back Bracket turn.
-
127. Twice back—and forward three, back inside Bracket turn at centre.

Twice back—and forward—and forward inside three, back Bracket turn at centre.

Twice back, back three, forward inside Bracket turn at centre.

Twice back—and back inside three, forward Bracket turn at centre.

128. Twice back—and forward three, back inside Bracket turn at centre, forward mohawk.

129. Twice back, back Rocking turn at centre, forward Bracket turn.

Twice back—and back inside Rocking turn at centre, forward inside Bracket turn.

130. Twice back—and forward Counter-rocking turn at centre, back Rocking turn.

Twice back—and forward—and forward inside Counter-rocking turn at centre, back inside Rocking turn.

Twice back, back Counter-rocking turn at centre, forward Rocking turn.

Twice back—and back inside Counter-rocking turn at centre, forward inside Rocking turn.

Twice back—and forward Rocking turn at centre, back Counter-rocking turn.

Twice back—and forward—and forward inside Rocking turn at centre, back inside Counter-rocking turn.

Twice back, back Rocking turn at centre, forward Counter-rocking turn.

Twice back—and back inside Rocking turn at centre, forward inside Counter-rocking turn.

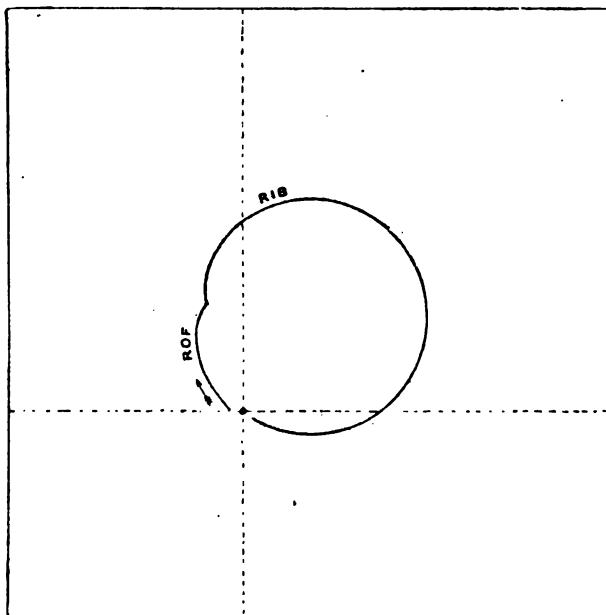
DIAGRAMS.

EXPLANATION OF SYMBOLS.

ROF	=	Right	foot	Outside	edge	Forward.
RIF	„	„	„	Inside	„	„
ROB	„	„	„	Outside	„	Backward.
RIB	„	„	„	Inside	„	„
LOF	„	Left	„	Outside	„	Forward.
LIF	„	„	„	Inside	„	„
LOB	„	„	„	Outside	„	Backward.
LIB	„	„	„	Inside	„	„

No. 1.

FORWARD THREE.

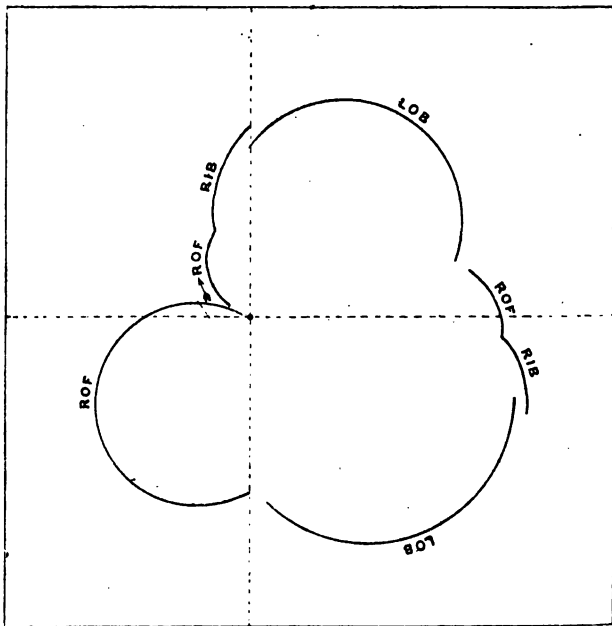


Similarly

Forward inside three.

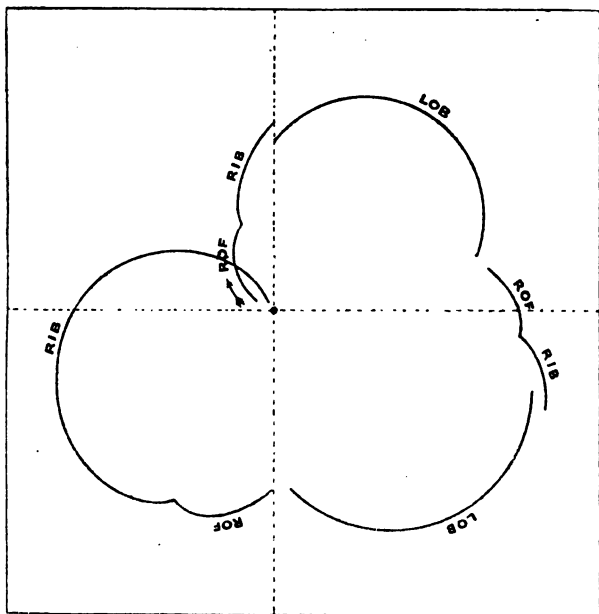
No. 2.

**TWICE BACK
AND FORWARD.**



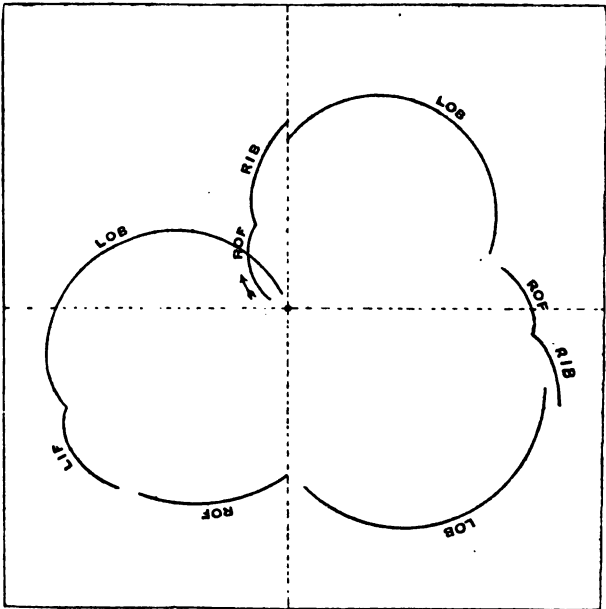
No. 3.

**TWICE BACK
AND FORWARD THREE.**



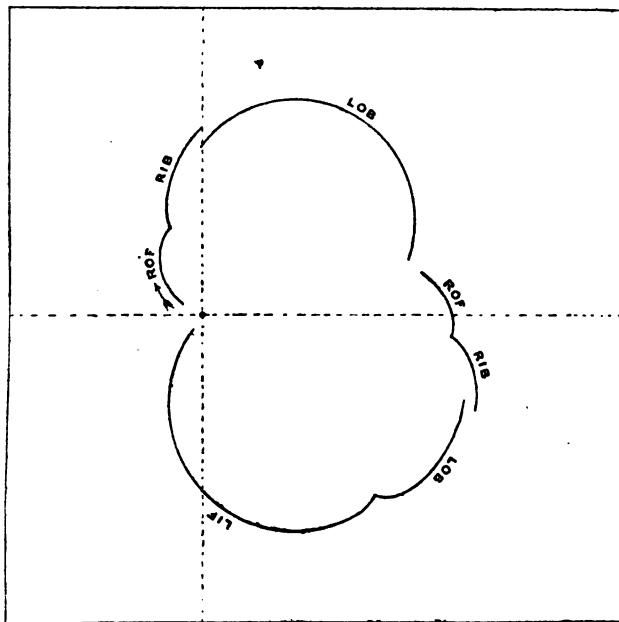
No. 4.

TWICE BACK
AND FORWARD
AND FORWARD INSIDE THREE.



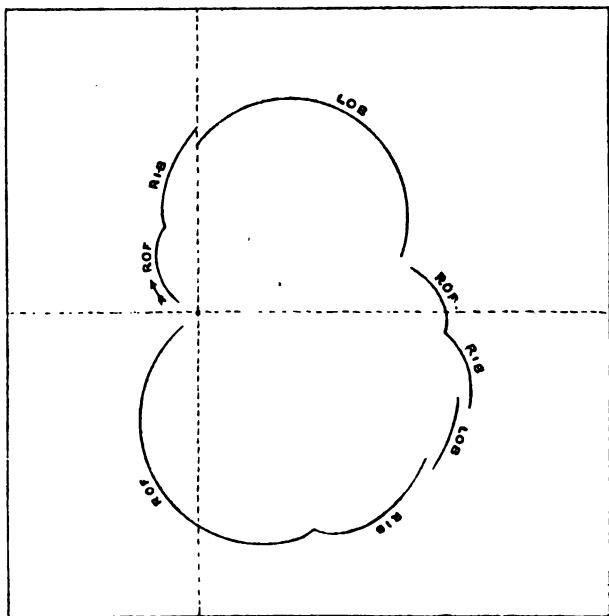
No. 5.

TWICE BACK, BACK THREE.



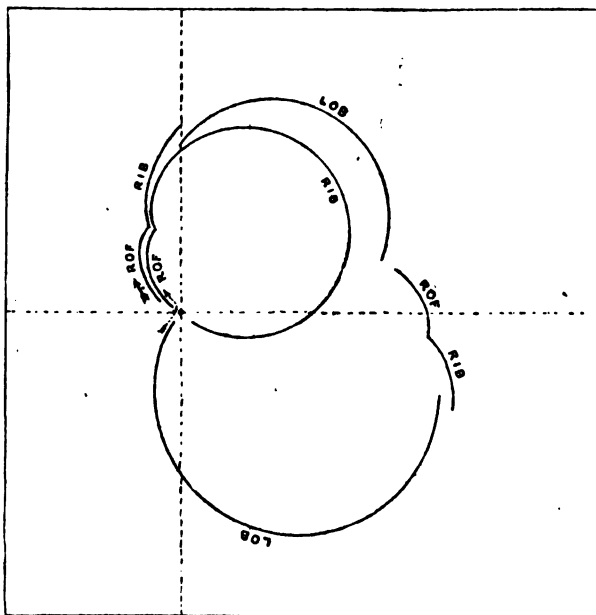
No. 6.

**TWICE BACK
AND BACK INSIDE THREE.**



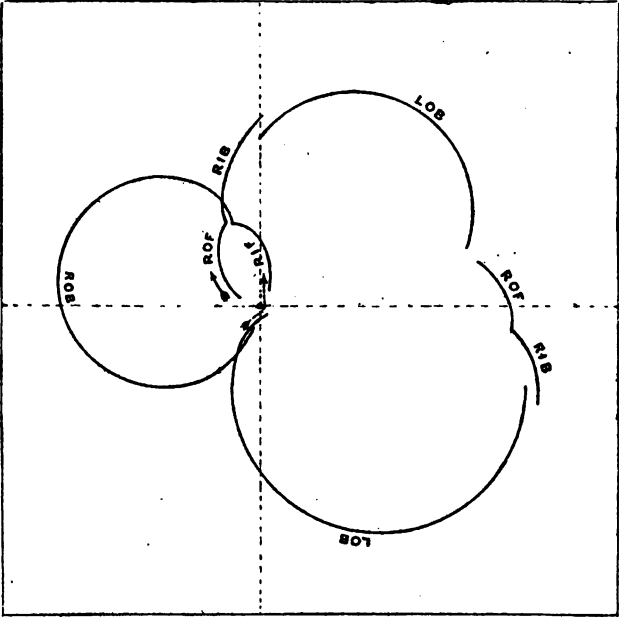
No. 7.

TWICE BACK, MEET
AND FORWARD THREE.



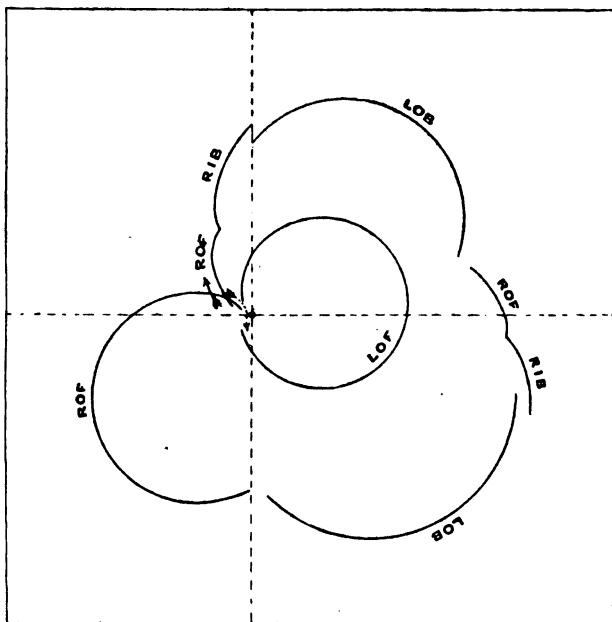
No. 8.

**TWICE BACK, TO CENTRE
AND FORWARD INSIDE THREE.**



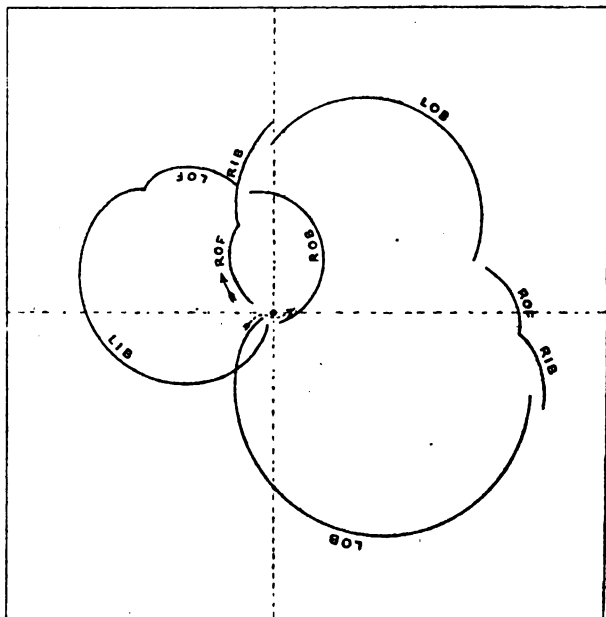
No. 9.

**TWICE BACK
AND FORWARD
AND FORWARD ENTIRE.**



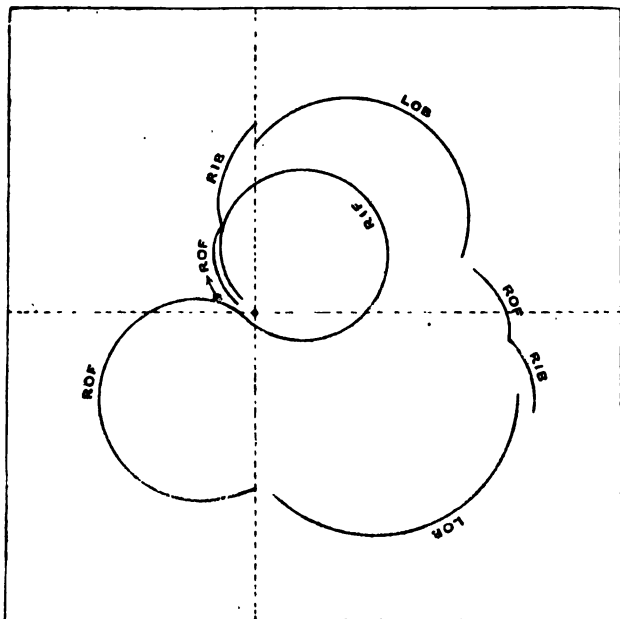
No. 10.

**TWICE BACK
AND BACK ENTIRE
AND FORWARD THREE.**



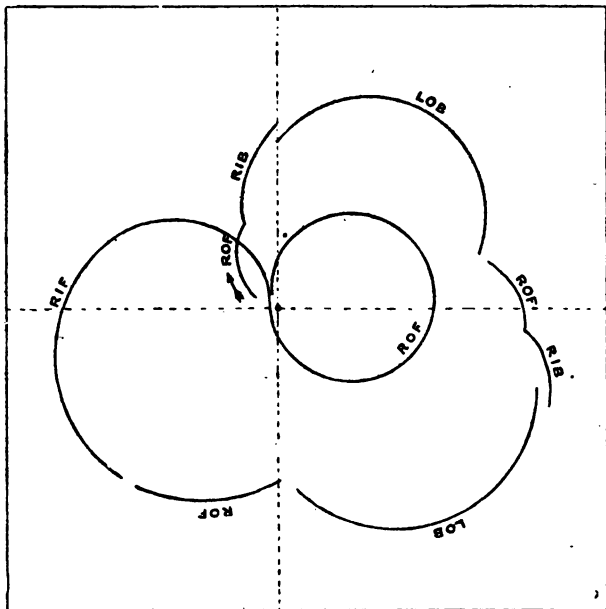
No. 11.

TWICE BACK
AND FORWARD CHANGE AT CENTRE.



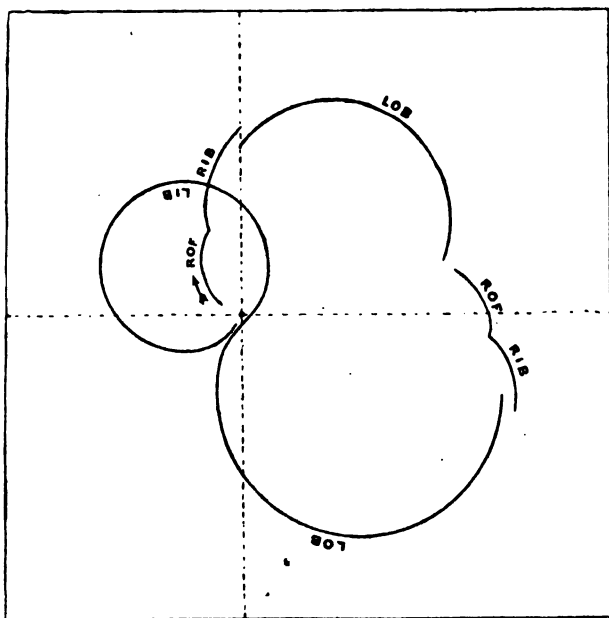
No. 12.

TWICE BACK
AND FORWARD
AND FORWARD INSIDE CHANGE AT CENTRE.



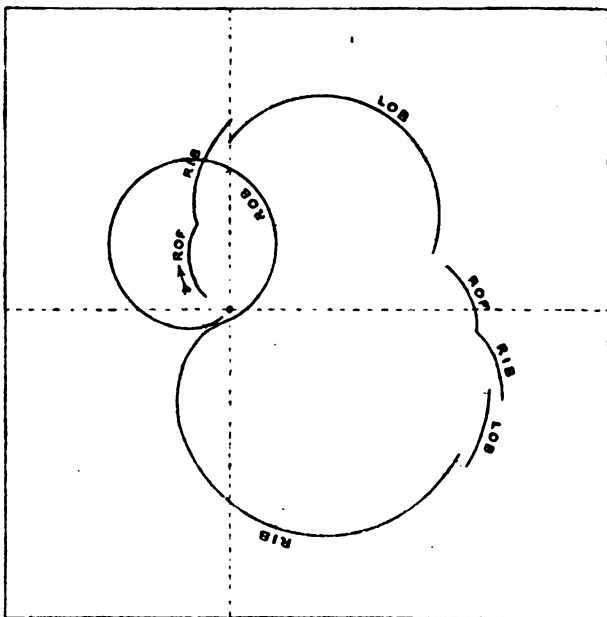
No. 13.

TWICE BACK, BACK CHANGE AT CENTRE.



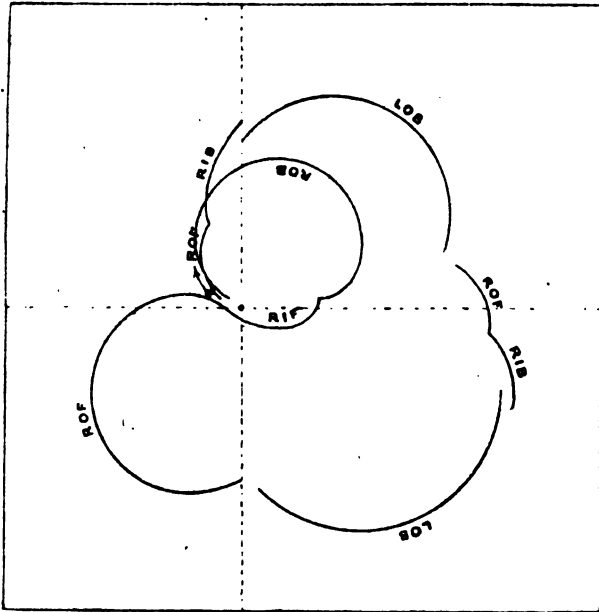
No. 14.

**TWICE BACK
AND BACK INSIDE CHANGE AT CENTRE.**



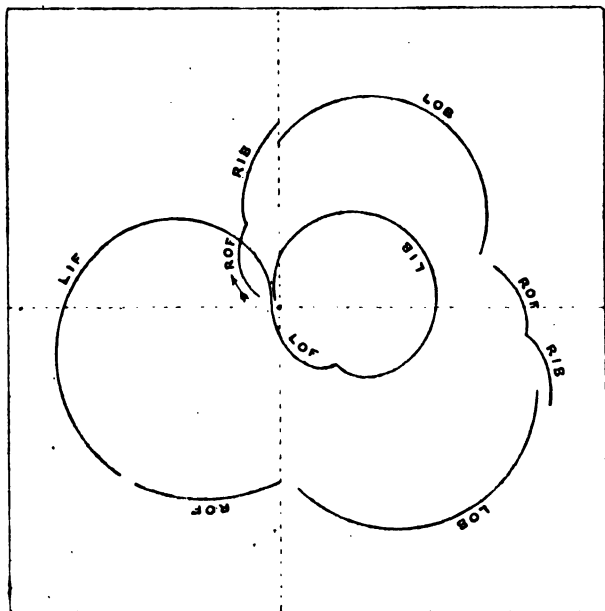
No. 15.

**TWICE BACK
AND FORWARD Q** (*changing at centre*).



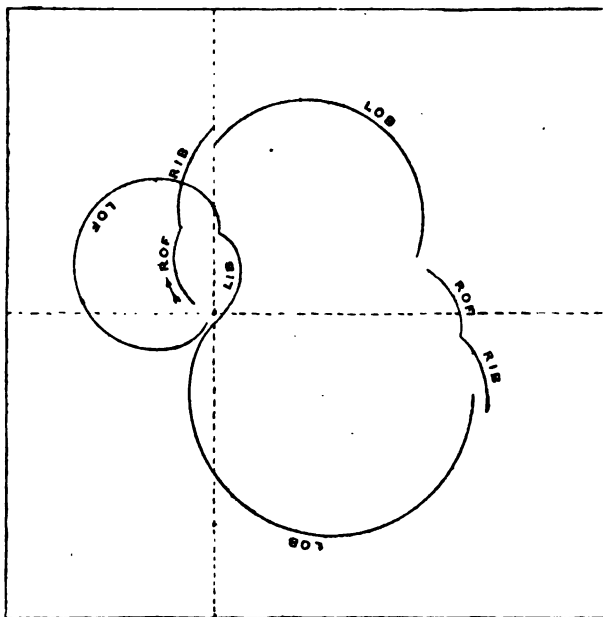
No. 16.

TWICE BACK
AND FORWARD
AND FORWARD INSIDE Q (*changing at centre*).



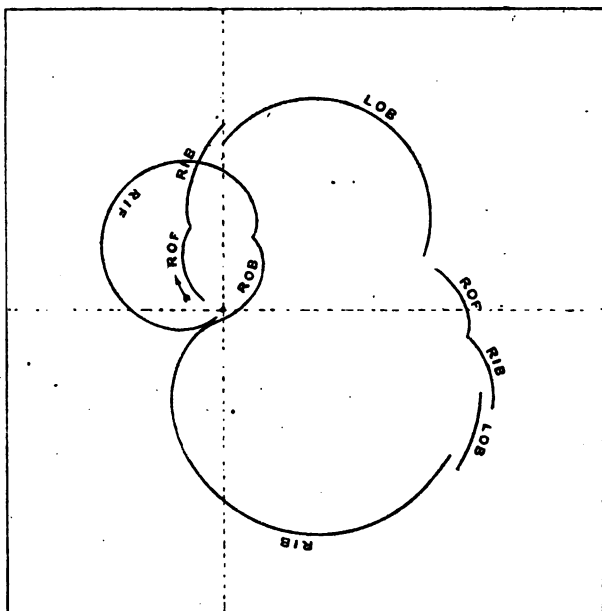
No. 17.

TWICE BACK, BACK Q (changing at centre).

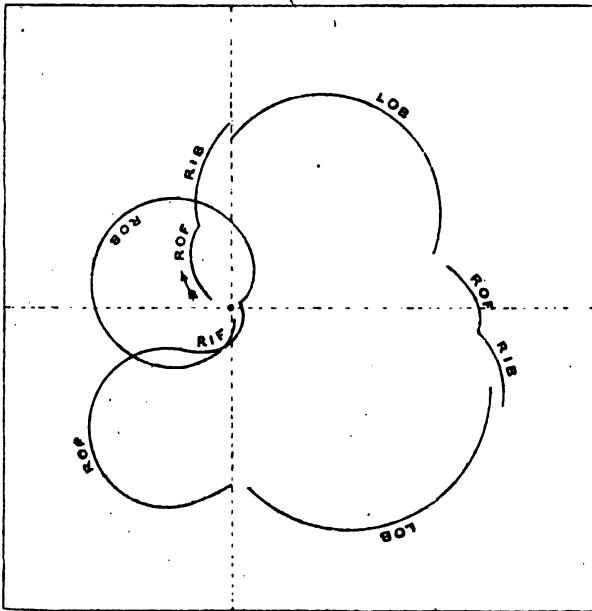


No. 18.

TWICE BACK
AND BACK INSIDE Q (*changing at centre*).



TWICE BACK
AND FORWARD Q (*turning at centre*).



Similarly

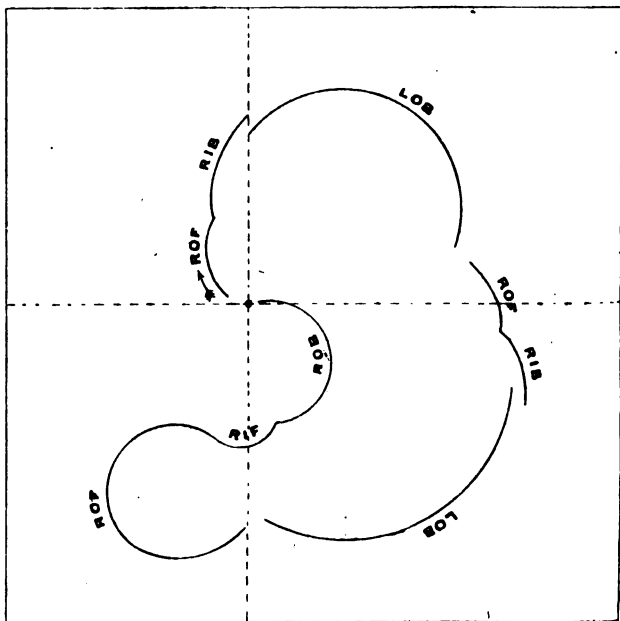
Twice Back—and Forward—and Forward inside Q
(*turning at centre*).

Twice Back, Back Q (turning at centre).

Twice Back—and Back inside Q (turning at centre).

No. 20.

**TWICE BACK
AND FORWARD Q.**



Similarly

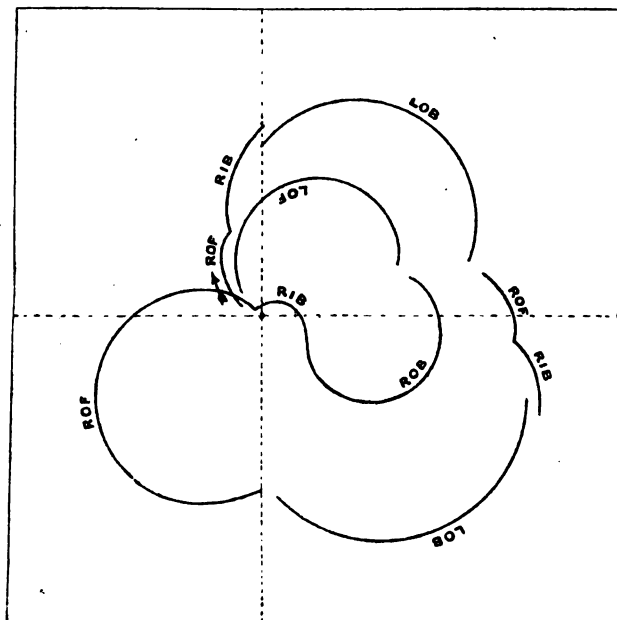
Twice Back—and Forward—and Forward inside Q.

Twice Back, Back Q.

Twice Back—and Back inside Q.

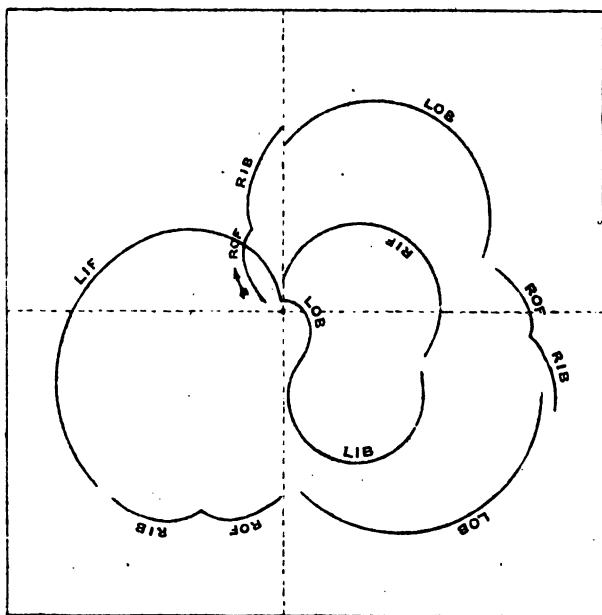
No. 21.

TWICE BACK
AND FORWARD REVERSE Q (*turning at centre*)
AND FORWARD.



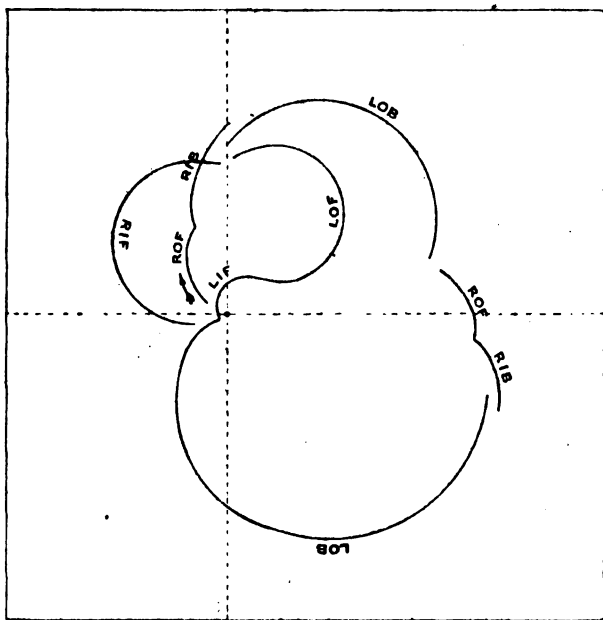
No. 22.

TWICE BACK
AND FORWARD THREE
AND FORWARD INSIDE REVERSE Q (*turning at centre*)
AND INSIDE FORWARD.



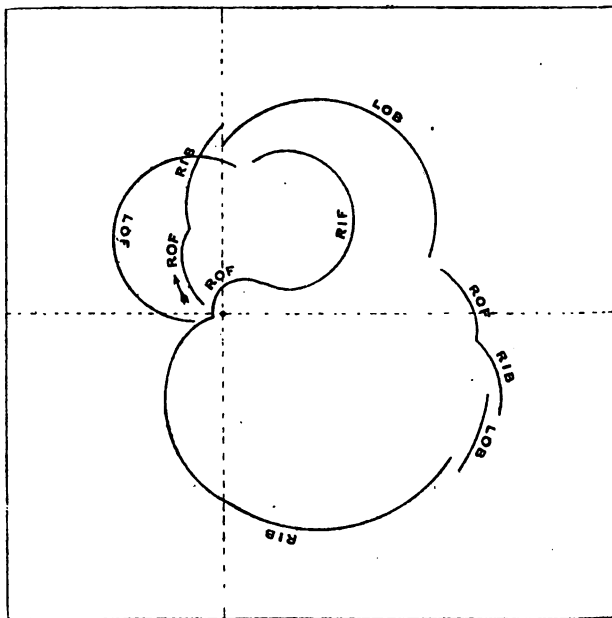
No. 23.

TWICE BACK, BACK REVERSE Q (*turning at centre*)
AND INSIDE FORWARD.



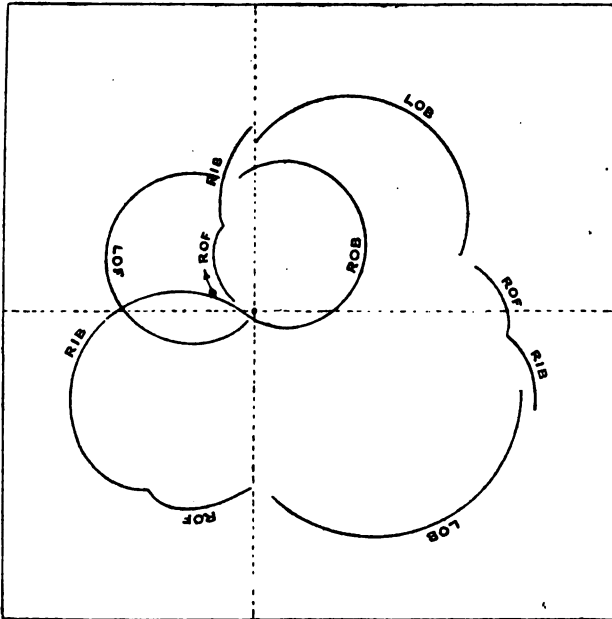
No. 24.

**TWICE BACK
AND BACK INSIDE REVERSE Q (*turning at centre*)
AND FORWARD.**



No. 25.

**TWICE BACK
AND FORWARD REVERSE Q (*changing at centre*)
AND FORWARD.**



Similarly

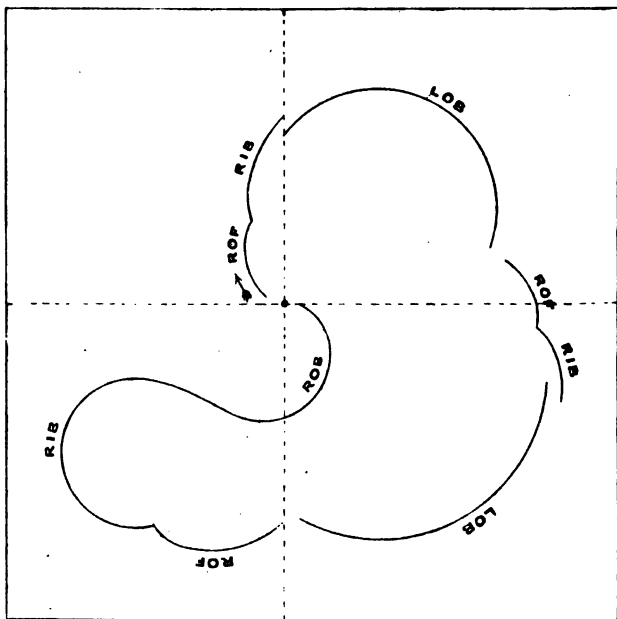
Twice Back—and Forward three—and Forward inside Reverse Q (*changing at centre*)—and inside Forward.

Twice Back, Back Reverse Q (*changing at centre*)—and inside Forward.

Twice Back—and Back inside Reverse Q (*changing at centre*)—and Forward.

No. 26.

TWICE BACK AND FORWARD REVERSE Q



Similarly

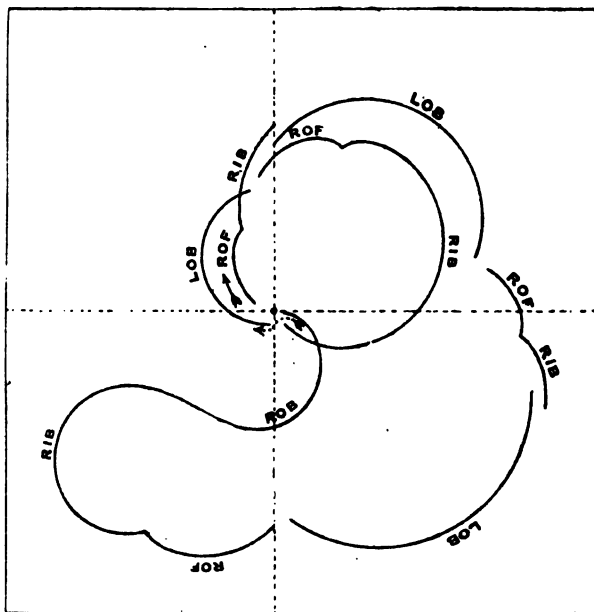
Twice Back and Forward three—and Forward inside
Reverse Q.

Twice Back, Back Reverse Q.

Twice Back—and Back inside Reverse Q.

No. 27.

**TWICE BACK
AND FORWARD REVERSE Q
AND BACK ENTIRE
AND FORWARD THREE.**

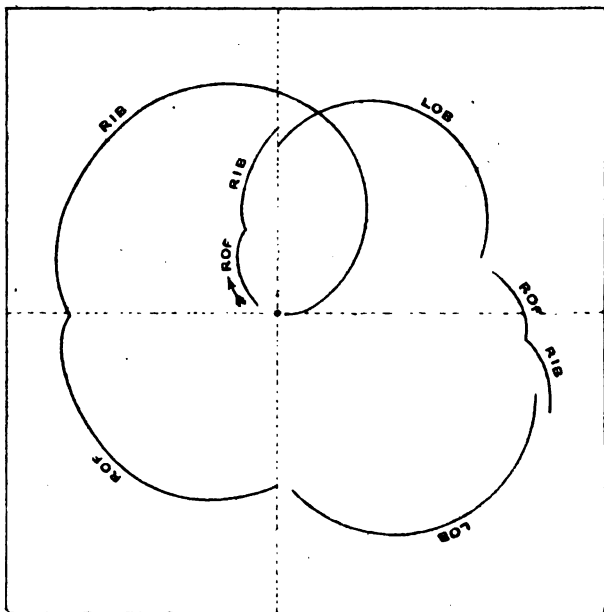


Similarly

**Twice Back—and Forward Q—and Back entire—and
Forward three.**

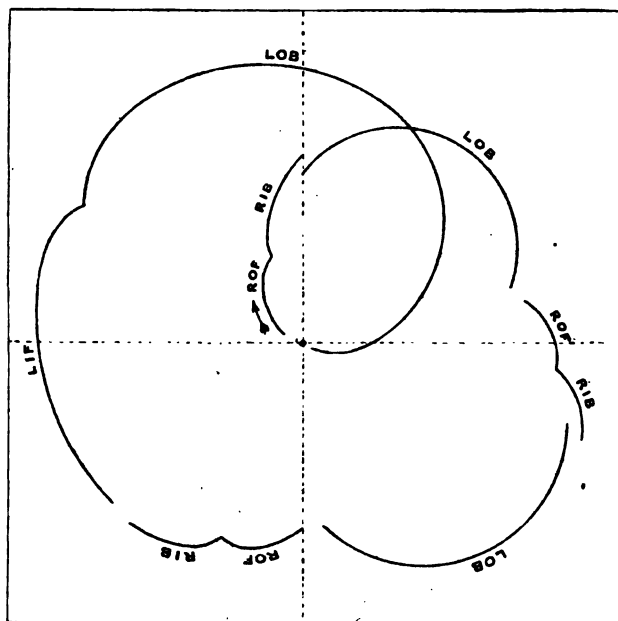
No. 28.

**TWICE BACK
AND FORWARD LARGE THREE.**



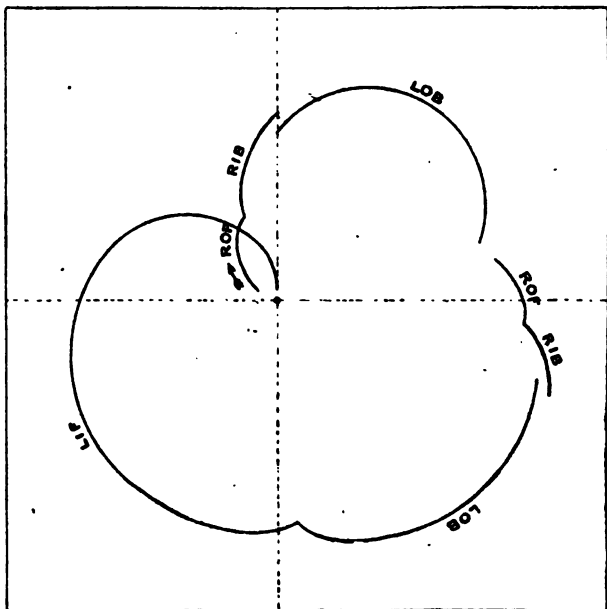
No. 29.

**TWICE BACK
AND FORWARD THREE
AND FORWARD LARGE INSIDE THREE**



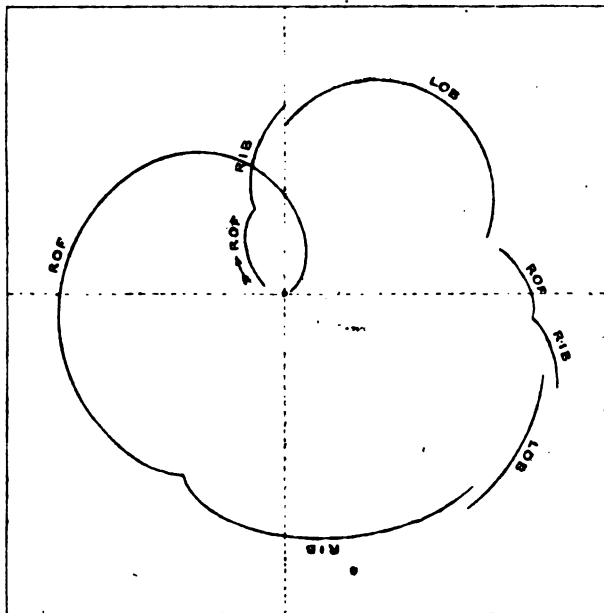
No. 30.

TWICE BACK, BACK LARGE THREE.



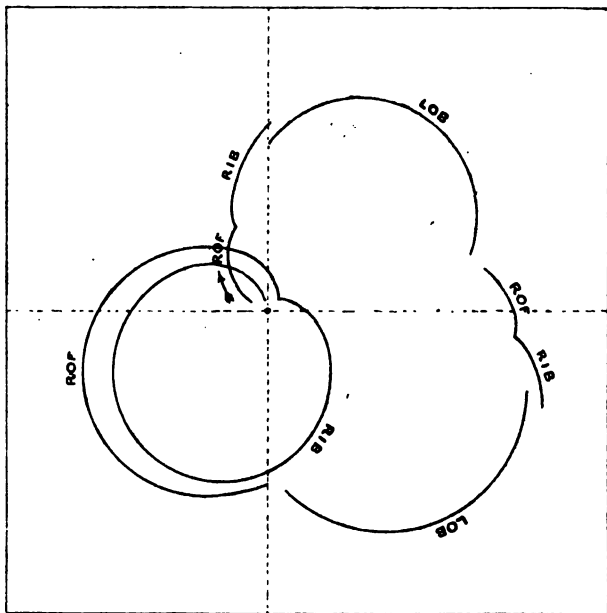
No. 31.

**TWICE BACK
AND BACK LARGE INSIDE THREE.**



No. 32.

**TWICE BACK
AND FORWARD LARGE THREE** (*turning at centre*).



Similarly

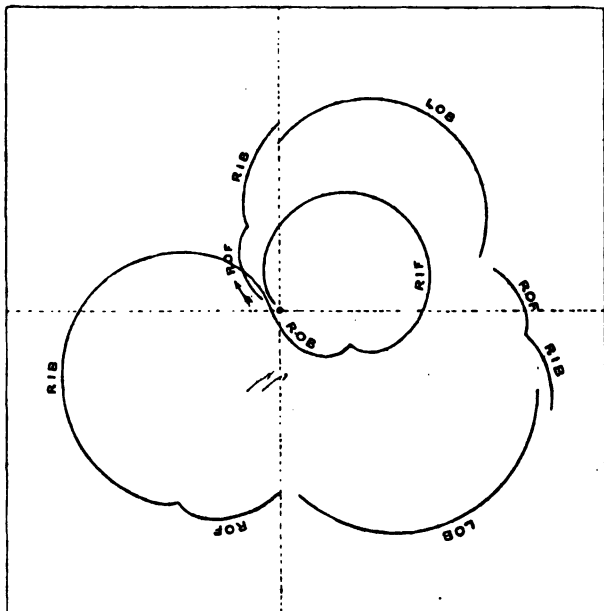
**Twice Back—and Forward three—and Forward Large
inside three** (*turning at centre*).

Twice Back, Back Large three (*turning at centre*).

Twice Back—and Back Large inside three (*turning at centre*).

No. 33.

**TWICE BACK
AND FORWARD THREE, CHANGE AT CENTRE,
BACK THREE.**



Similarly

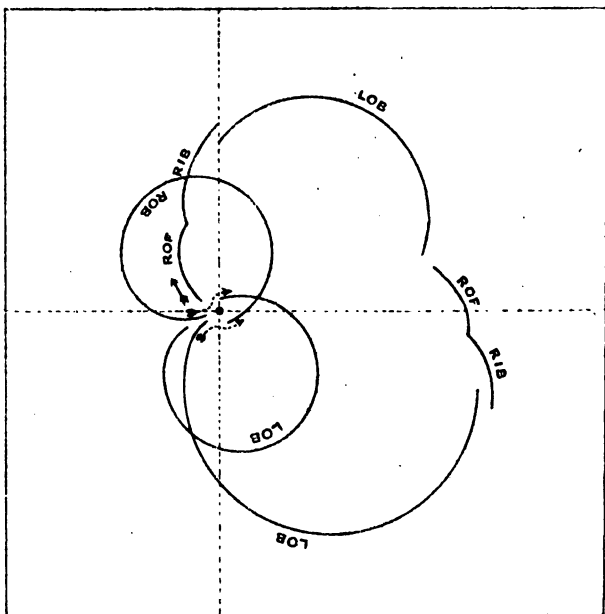
Twice Back—and Forward—and Forward inside three,
change at centre, Back inside three.

Twice Back, Back three, change at centre, Forward
three.

Twice Back—and Back inside three, change at centre,
Forward inside three.

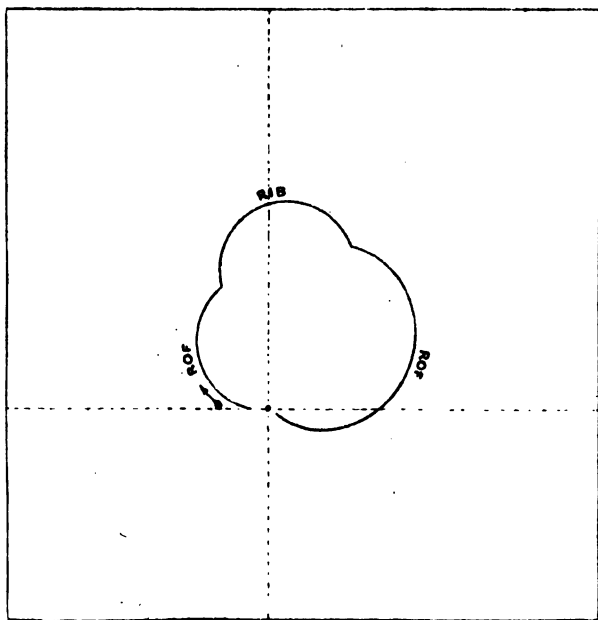
No. 34.

TWICE BACK
AND BACK ENTIRE
AND BACK EIGHT.



No. 35.

FORWARD TWO TURNS.

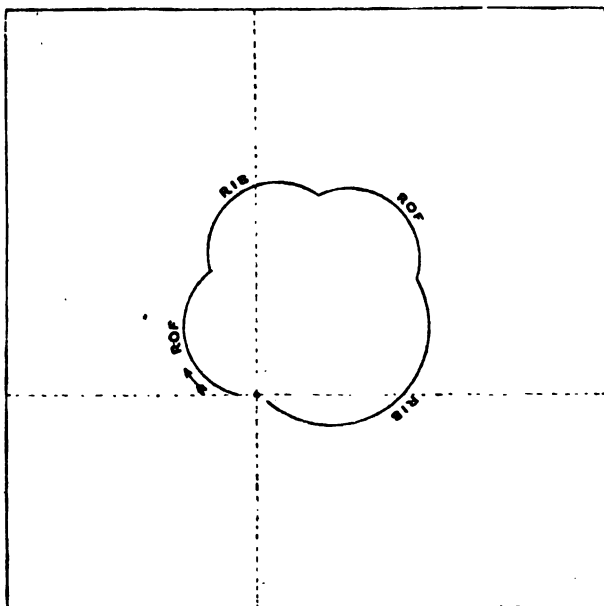


Similarly

Forward inside two turns.

No. 36.

FORWARD THREE TURNS.



Similarly

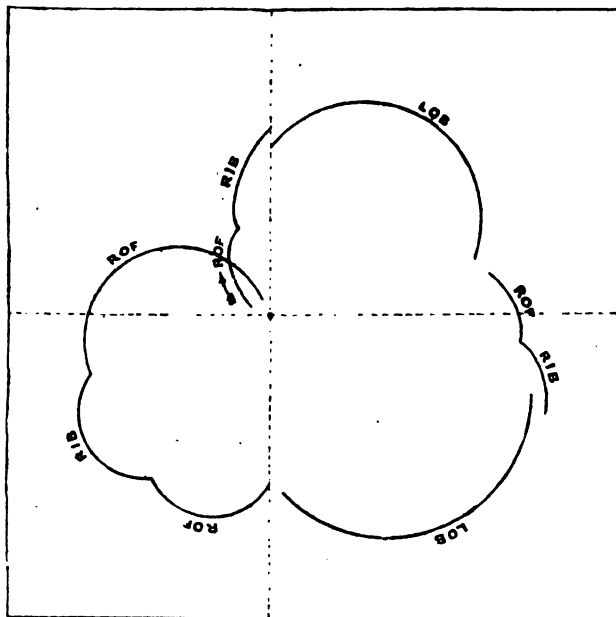
Forward inside three turns.

Forward four, five or six turns, etc.

Forward inside four, five or six turns, etc.

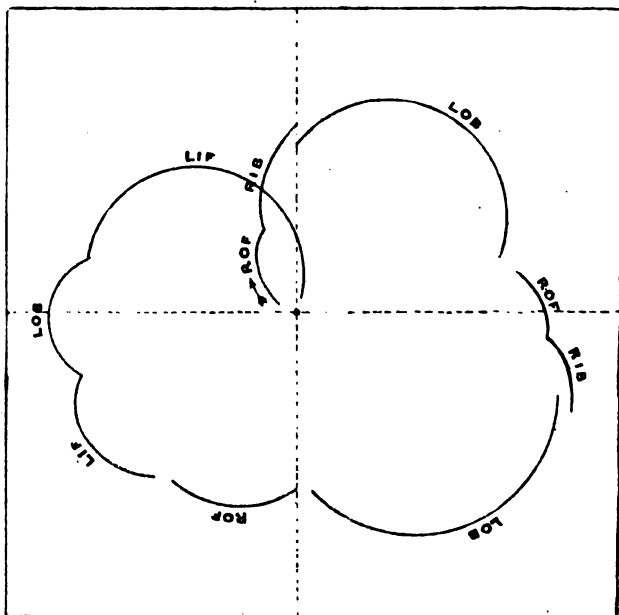
No. 37.

**TWICE BACK
AND FORWARD TWO TURNS.**



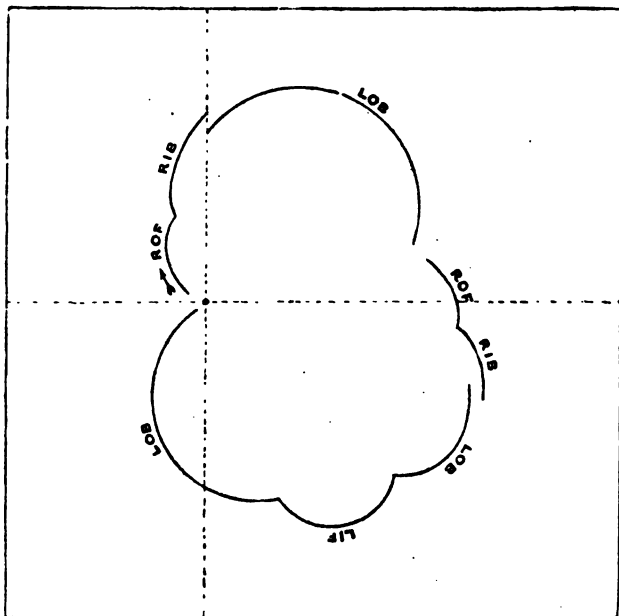
No. 38.

**TWICE BACK
AND FORWARD
AND FORWARD INSIDE TWO TURNS.**



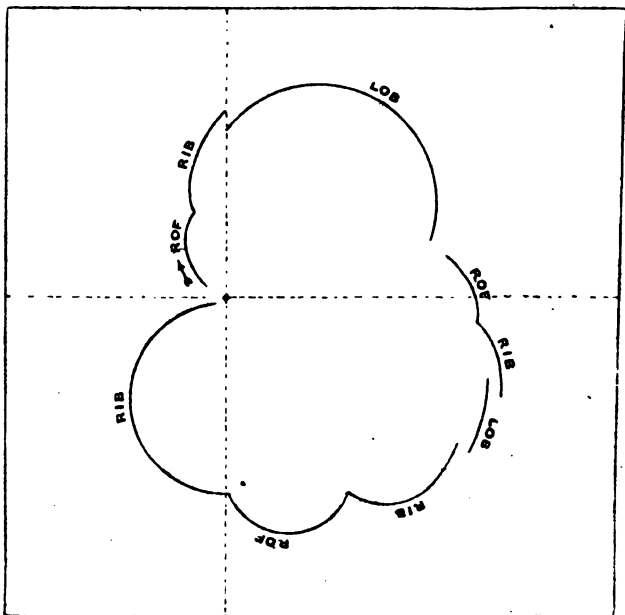
No. 39.

TWICE BACK, BACK TWO TURNS.



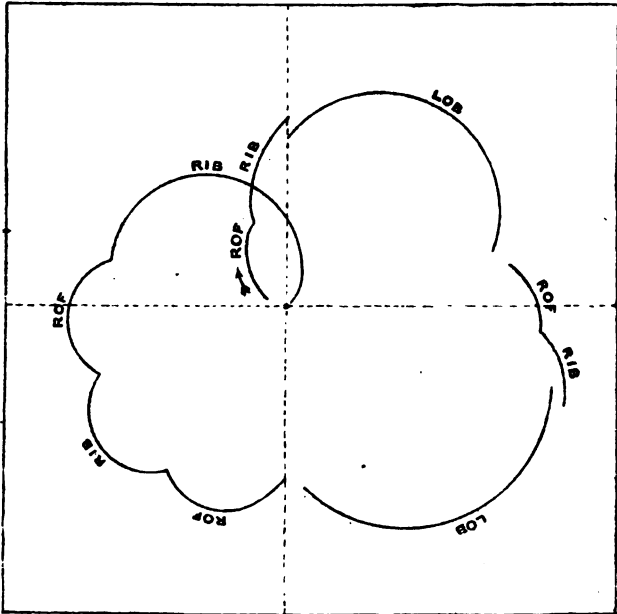
No. 40.

**TWICE BACK
AND BACK INSIDE TWO TURNS.**



No. 41.

**TWICE BACK
AND FORWARD THREE TURNS.**



Similarly

Twice Back—and Forward—and Forward inside three turns.

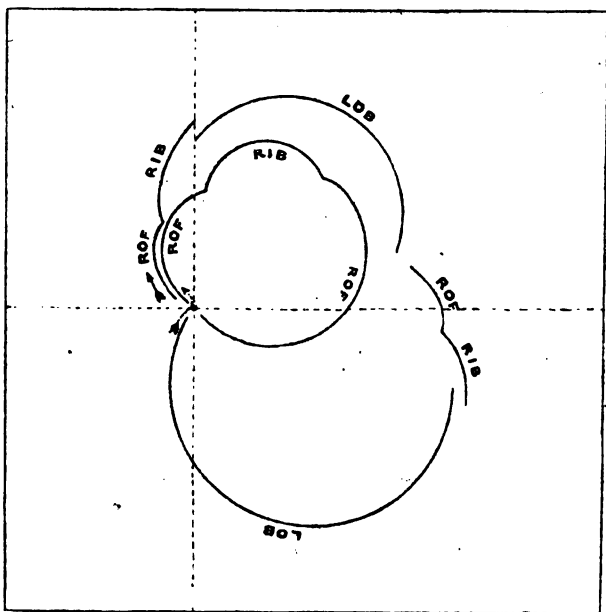
Twice Back, Back three turns.

Twice Back—and Back inside three turns.

Twice Back – and Forward four, five or six turns, etc., etc.

No. 42.

**TWICE BACK, MEET
AND FORWARD TWO TURNS.**



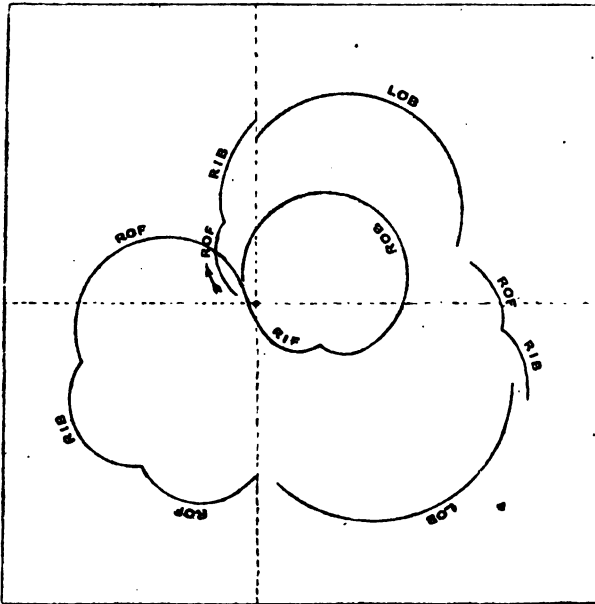
Similarly

Twice Back, Meet—and Forward three turns.

**Twice Back, Meet—and Forward four, five or six
turns, etc.**

No. 43.

TWICE BACK
AND - FORWARD TWO TURNS, FORWARD Q
(changing at centre).

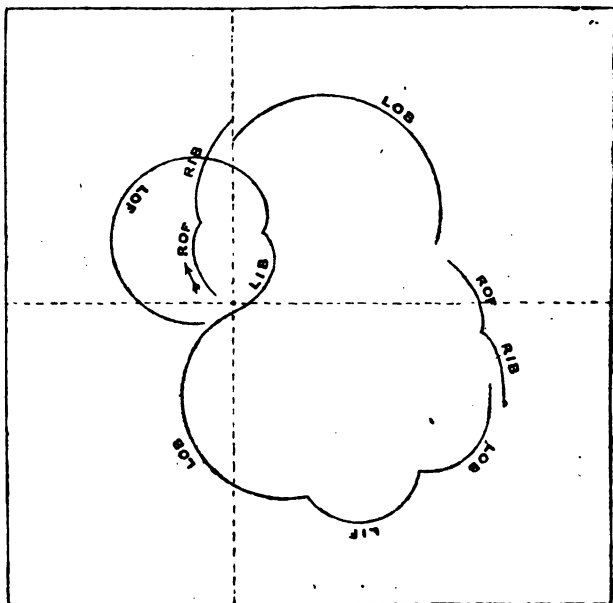


Similarly

Twice Back—and Forward—and Forward inside two
turns, Forward inside Q (changing at centre).

No. 44.

TWICE BACK, BACK TWO TURNS, BACK Q
(changing at centre)

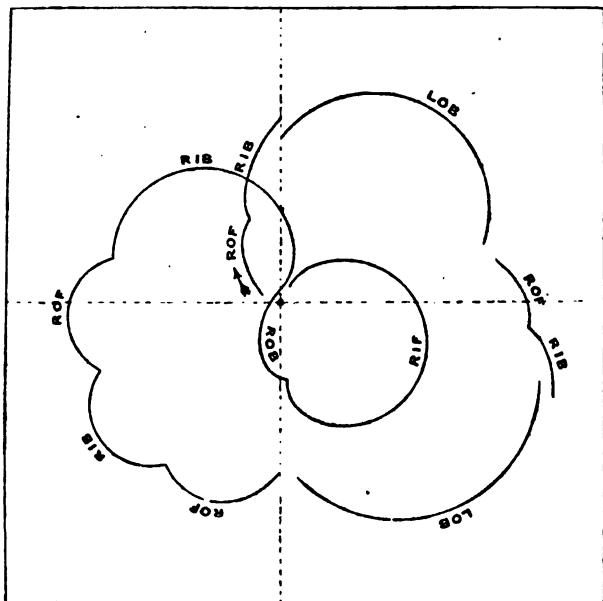


Similarly

Twice Back—and Back inside two turns, Back inside Q
(changing at centre).

No. 45.

**TWICE BACK
AND FORWARD THREE TURNS, BACK INSIDE Q**
(*changing at centre*).



Similarly

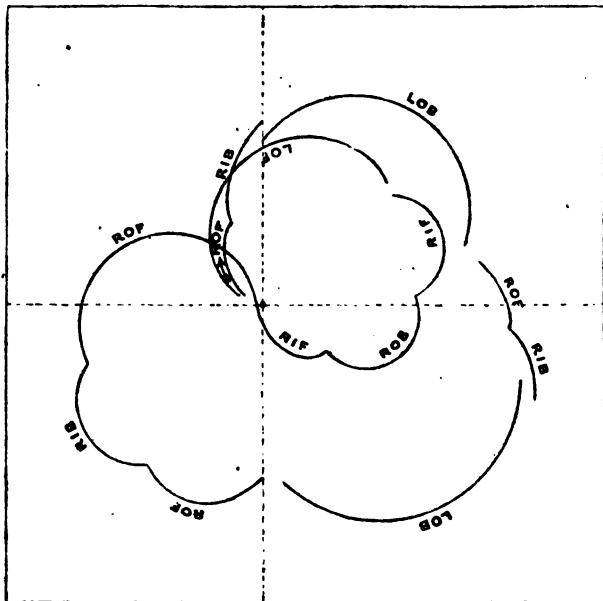
Twice Back—and Forward—and Forward inside three turns, Back Q (*changing at centre*).

Twice Back, Back three turns, Forward inside Q (*changing at centre*).

Twice Back—and Back inside three turns, Forward Q (*changing at centre*).

No. 46.

TWICE BACK
AND FORWARD TWO TURNS, CHANGE AT
CENTRE, FORWARD INSIDE TWO TURNS
AND FORWARD.

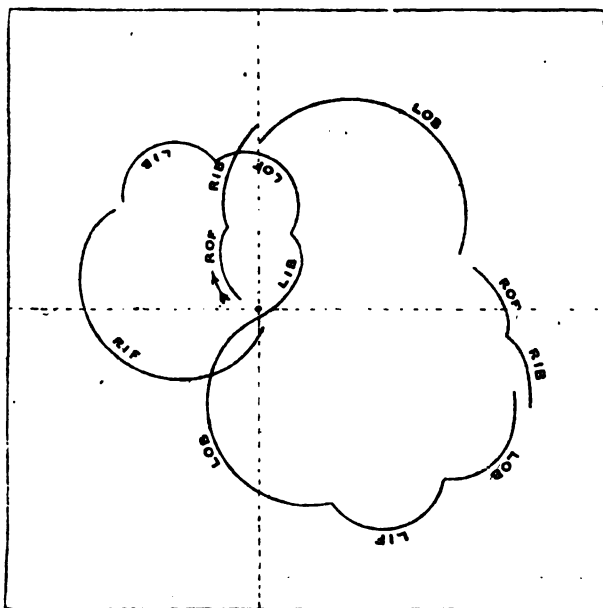


Similarly

Twice Back—and Forward—and Forward inside two
turns, change at centre, Forward two turns—and
Forward.

No. 47.

TWICE BACK, BACK TWO TURNS, CHANGE AT
CENTRE, BACK INSIDE TWO TURNS
AND INSIDE FORWARD.

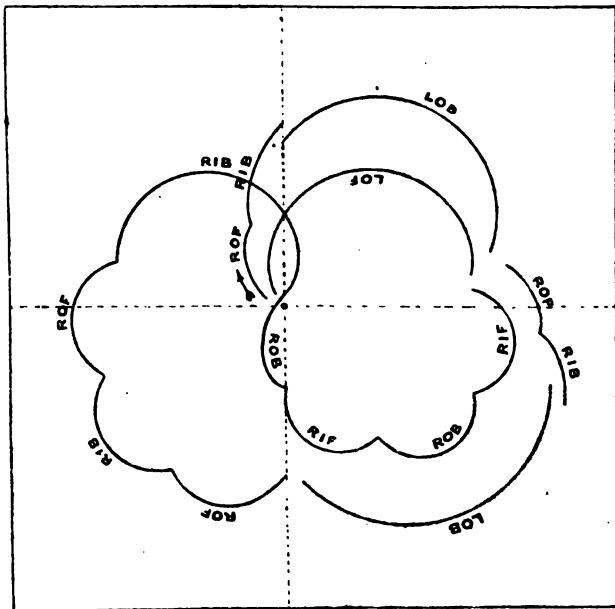


Similarly

Twice Back—and Back inside two turns, change at
centre, Back two turns—and Forward.

No. 48.

**TWICE BACK
AND FORWARD THREE TURNS, CHANGE AT
CENTRE, BACK THREE TURNS
AND FORWARD.**



Similarly

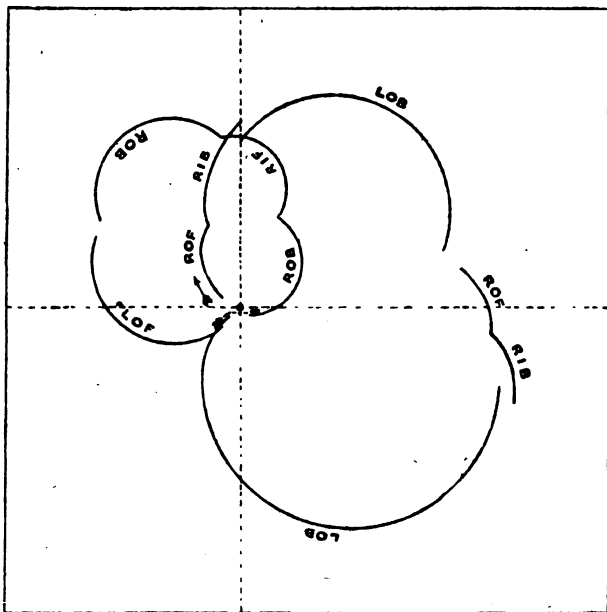
Twice Back—and Forward—and Forward inside three turns, change at centre, Back inside three turns—and inside Forward.

Twice Back, Back three turns, change at centre, Forward three turns—and Forward.

Twice Back—and Back inside three turns, change at centre, Forward inside three turns—and Forward.

No. 49.

**TWICE BACK
AND BACK ENTIRE, BACK TWO TURNS
AND FORWARD.**

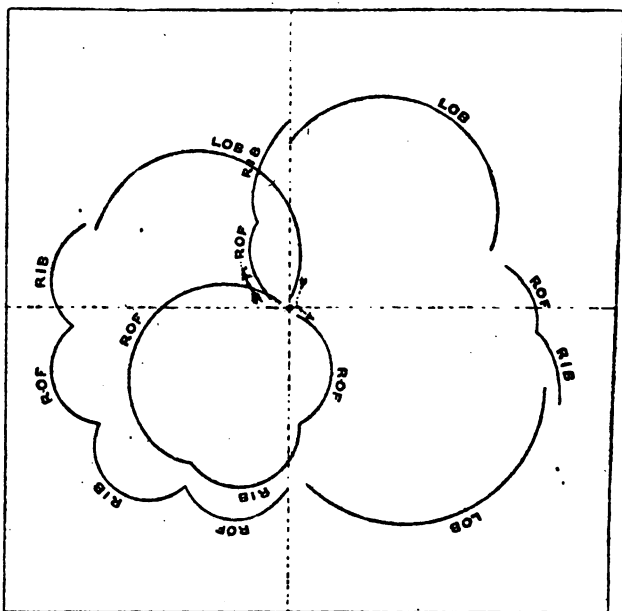


Similarly

**Twice Back—and Back entire, Back three turns—and
Forward.**

No. 50.

TWICE BACK
AND FORWARD THREE TURNS
AND BACK, MEET
AND FORWARD TWO TURNS.

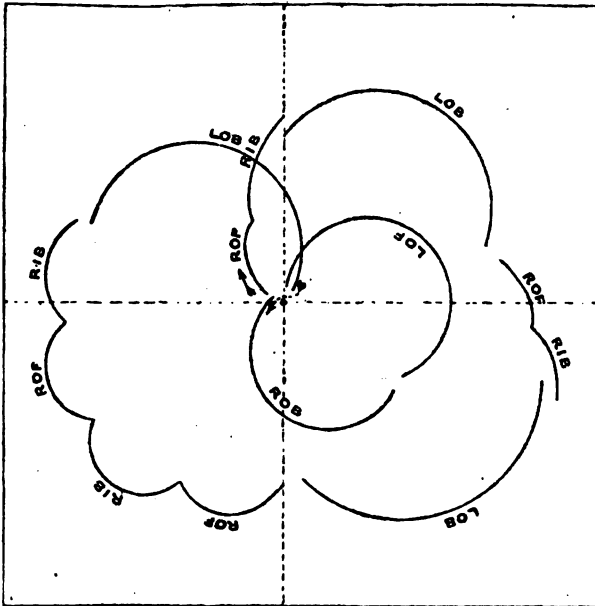


Similarly

Twice Back—and Forward three turns—and Back,
Meet—and Forward three turns.

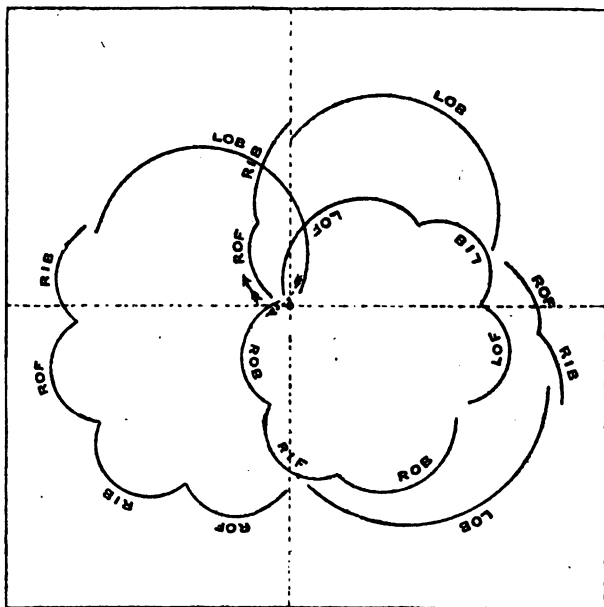
No. 51.

TWICE BACK
AND FORWARD THREE TURNS
AND BACK
AND BACK ENTIRE
AND FORWARD.



No. 52.

TWICE BACK
AND FORWARD THREE TURNS
AND BACK.
AND BACK ENTIRE, BACK TWO TURNS
AND FORWARD TWO TURNS.

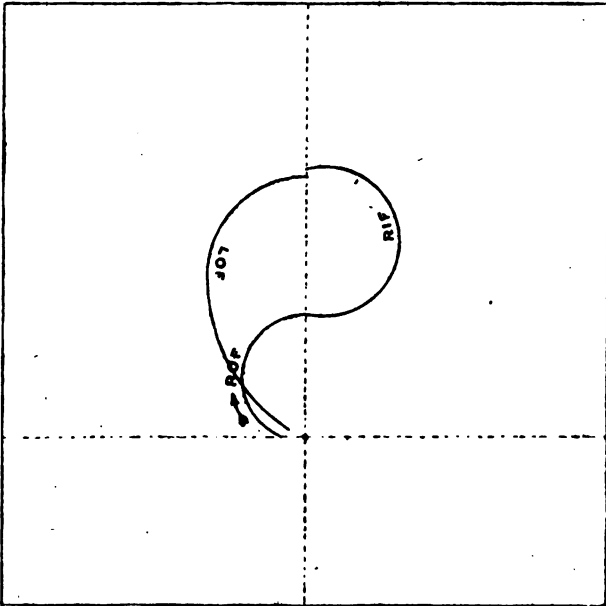


Similarly

Twice Back—and Forward—and Forward inside three turns—and Back entire—and Back inside two turns—and Forward inside two turns.

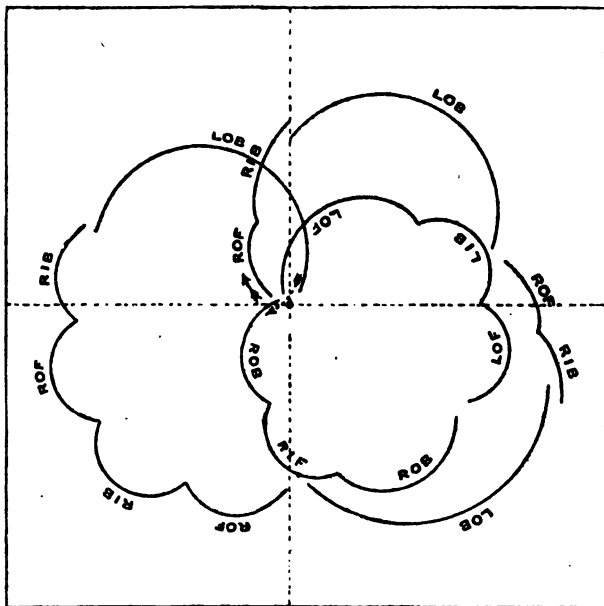
No. 58.

**FORWARD CHANGE OUT
AND FORWARD IN.**



No. 52.

TWICE BACK
AND FORWARD THREE TURNS
AND BACK.
AND BACK ENTIRE, BACK TWO TURNS
AND FORWARD TWO TURNS.

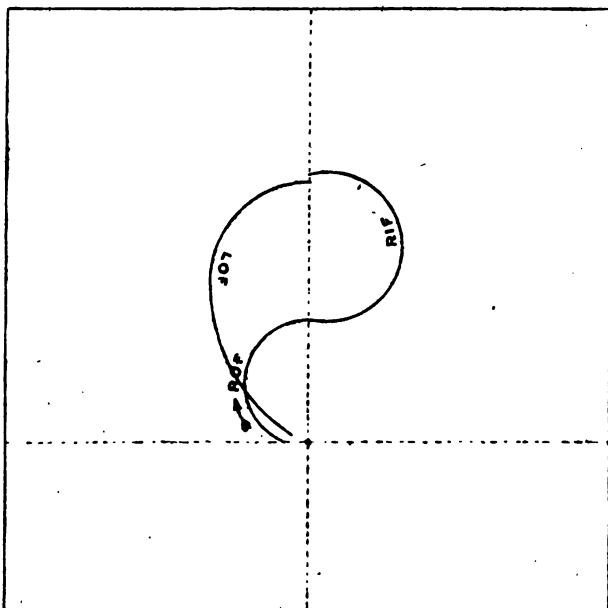


Similarly

Twice Back—and Forward—and Forward inside three turns—and Back entire—and Back inside two turns—and Forward inside two turns.

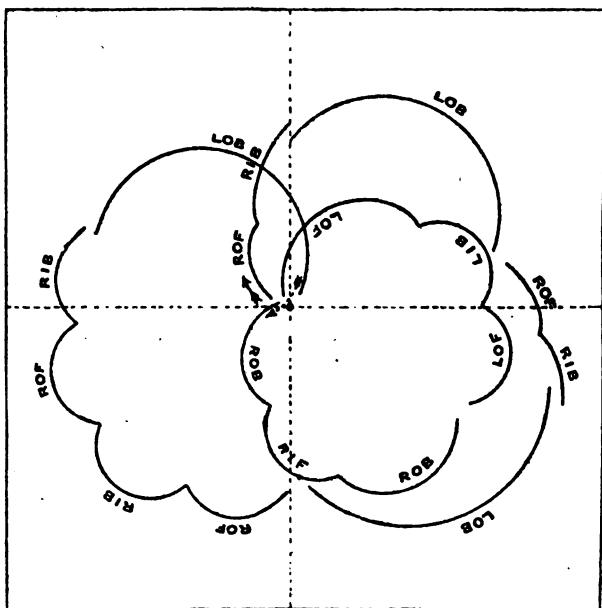
No. 58.

**FORWARD CHANGE OUT
AND FORWARD IN.**



No. 52.

**TWICE BACK
AND FORWARD THREE TURNS.
AND BACK.
AND BACK ENTIRE, BACK TWO TURNS
AND FORWARD TWO TURNS.**

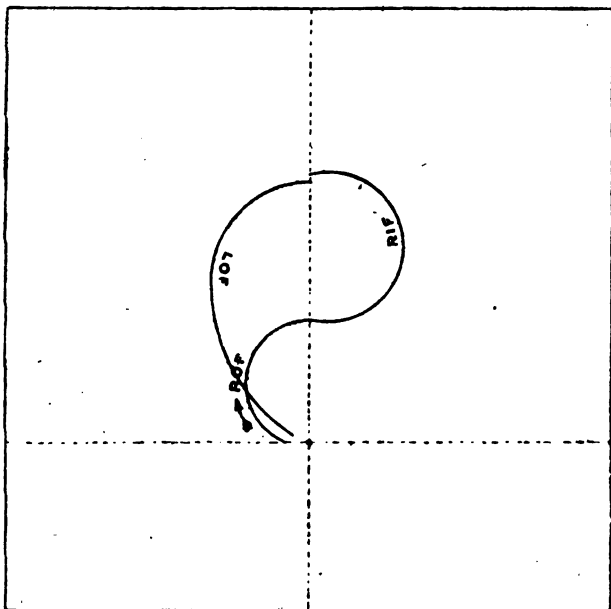


Similarly

Twice Back—and Forward—and Forward inside three turns—and Back entire—and Back inside two turns—and Forward inside two turns.

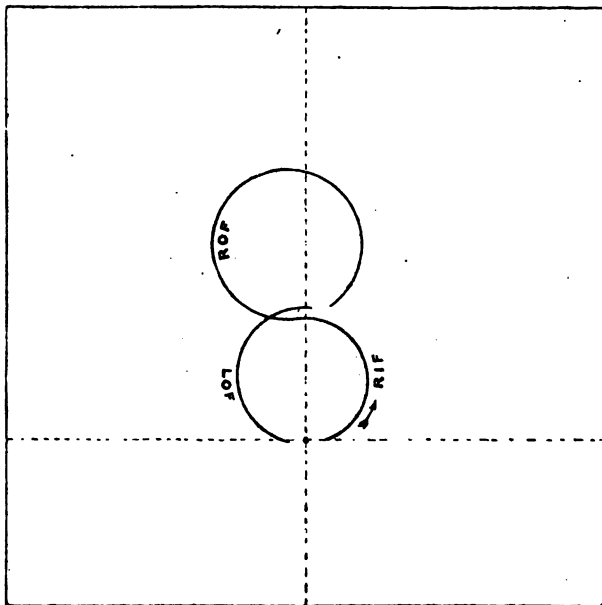
No. 53.

**FORWARD CHANGE OUT
AND FORWARD IN.**



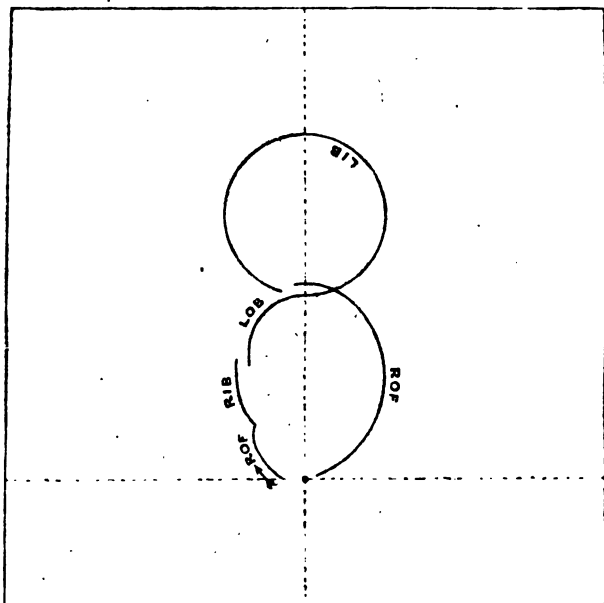
No. 54.

**FORWARD INSIDE CHANGE OUT
AND FORWARD IN.**



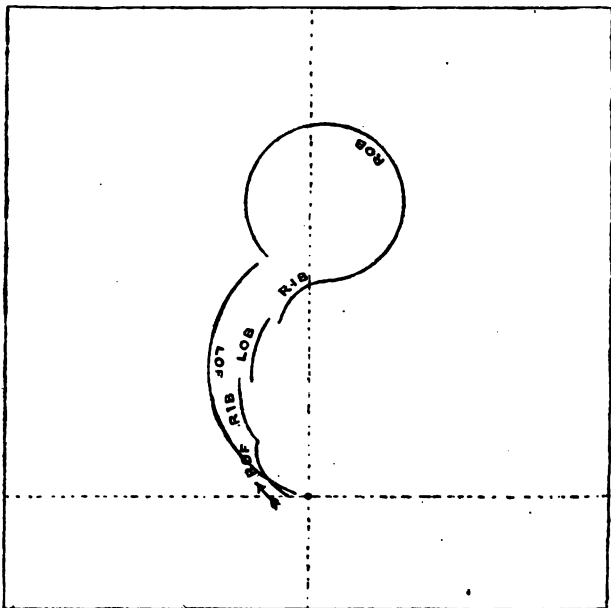
No. 55.

**ONCE BACK, BACK CHANGE OUT
AND FORWARD IN.**



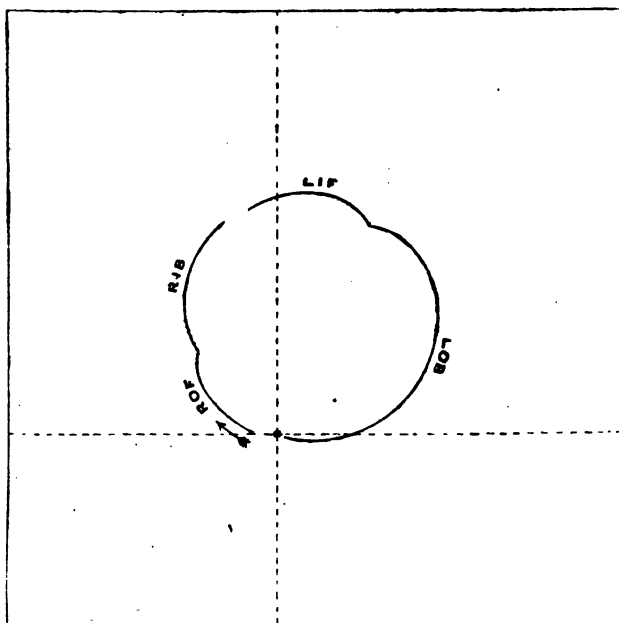
No. 56.

ONCE BACK
AND BACK INSIDE CHANGE OUT
AND FORWARD IN.



No. 57.

**FORWARD THREE OUT
AND FORWARD INSIDE THREE IN.**

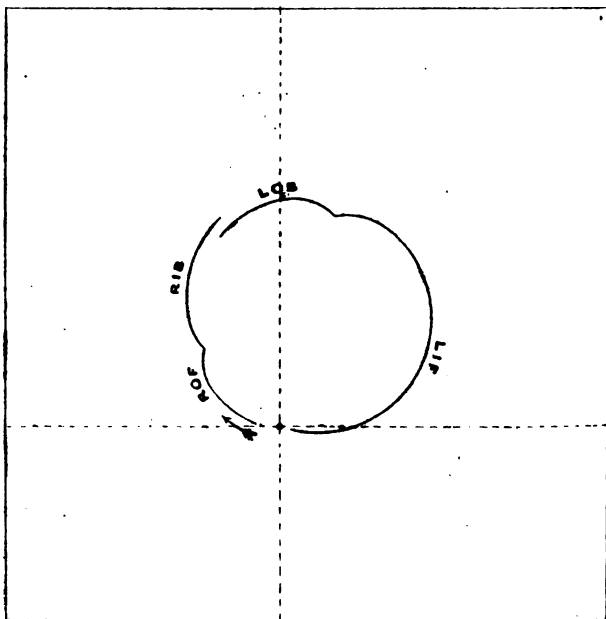


Similarly

Forward inside three out—and Forward three in.

No. 58.

**FORWARD THREE OUT
AND BACK THREE IN.**

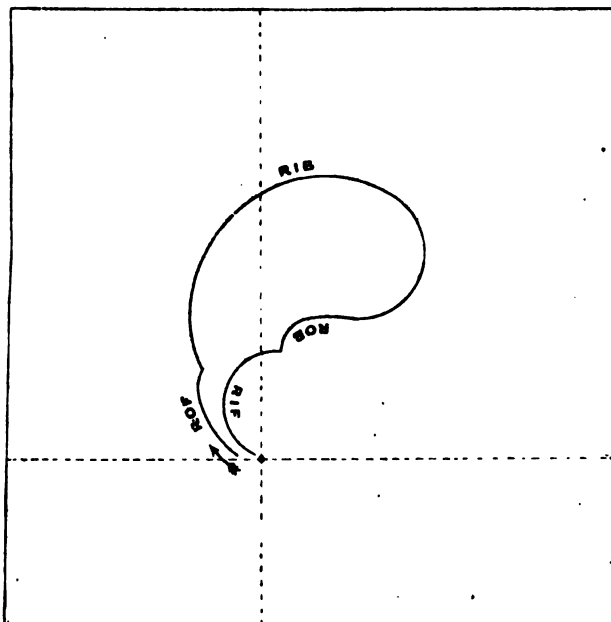


Similarly

Forward inside three out—and Back inside three in.

No. 59.

FORWARD THREE OUT, CHANGE, BACK THREE IN.

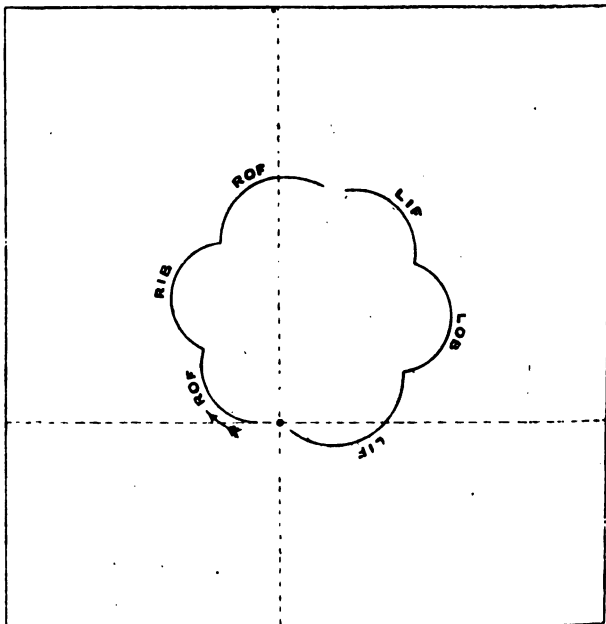


Similarly

Forward inside three out, change, Back inside three in.

No. 60.

FORWARD TWO TURNS OUT
AND FORWARD INSIDE TWO TURNS IN.



Similarly

Forward inside two turns out—and Forward two turns in.

Forward three turns out—and Forward inside three turns in.

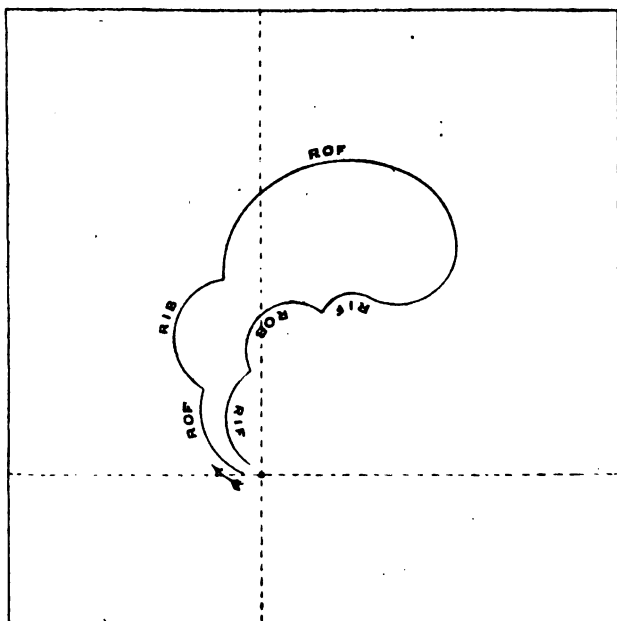
Forward inside three turns out—and Forward three turns in.

Forward three turns out – and Back three turns in.

Forward inside three turns out—and Back inside three turns in.

No. 61.

FORWARD TWO TURNS OUT, CHANGE, FORWARD INSIDE TWO TURNS IN.



Similarly

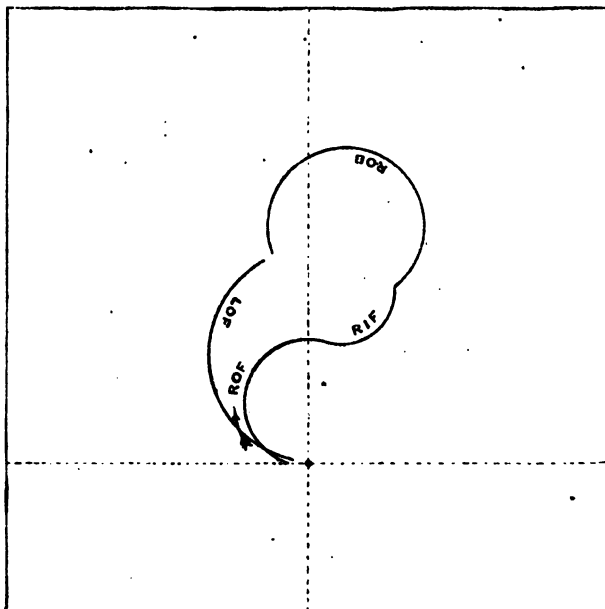
Forward inside two turns out, change, Forward two turns in.

Forward three turns out, change, Back three turns in.

Forward inside three turns out, change, Back inside three turns in.

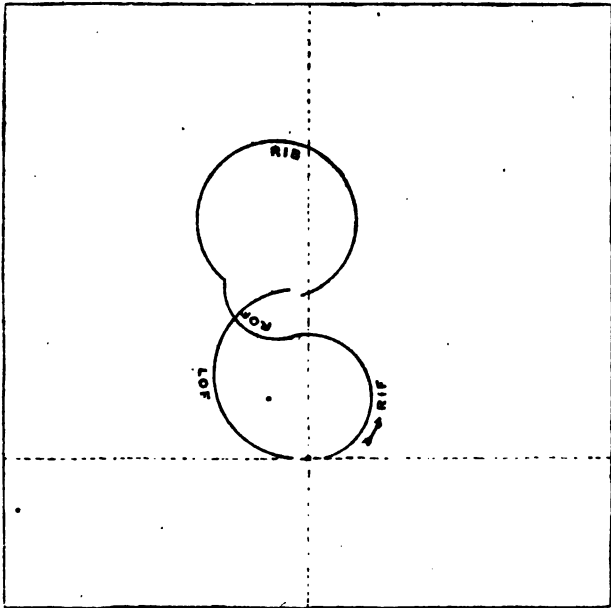
No. 62.

**FORWARD Q OUT
AND FORWARD IN.**



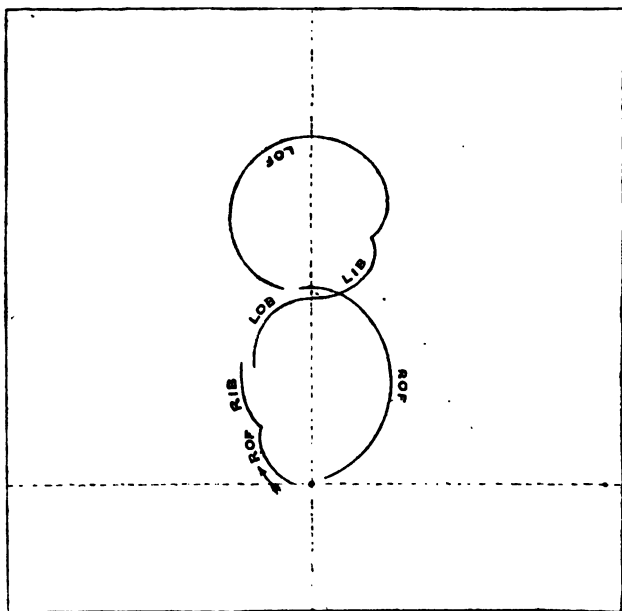
No. 68.

**FORWARD INSIDE Q OUT
AND FORWARD IN.**



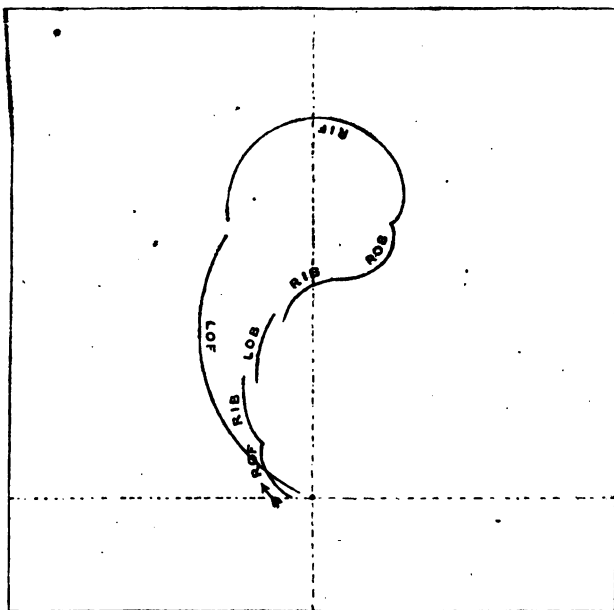
No. 64.

**ONCE BACK, BACK Q OUT
AND FORWARD IN.**



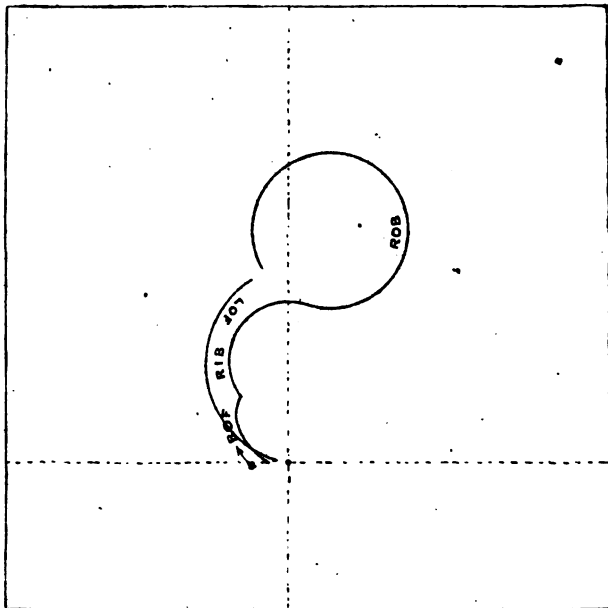
No. 65

ONCE BACK
AND BACK INSIDE Q OUT
AND FORWARD IN.



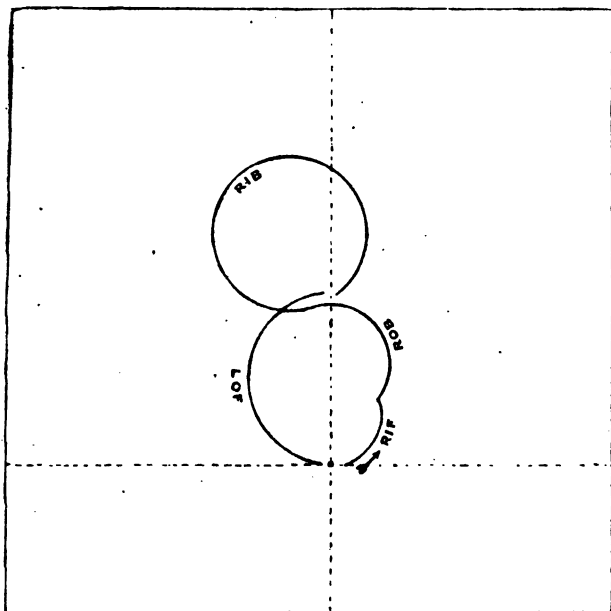
No. 66.

**FORWARD REVERSE Q OUT
AND FORWARD IN.**



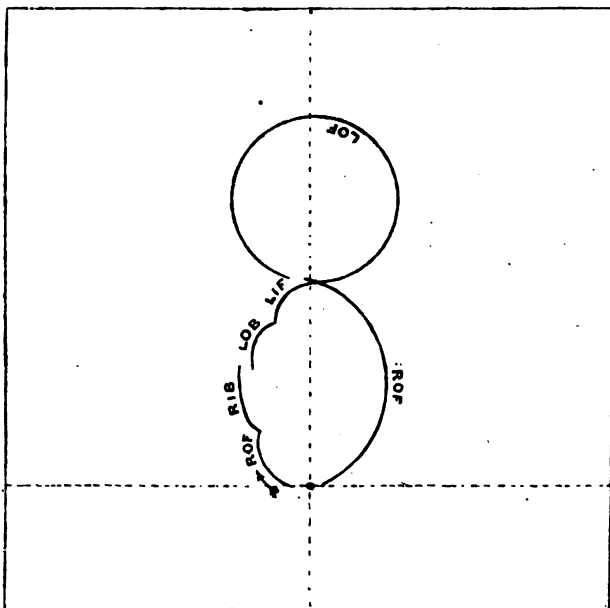
No. 67.

**FORWARD INSIDE REVERSE Q OUT
AND FORWARD IN.**



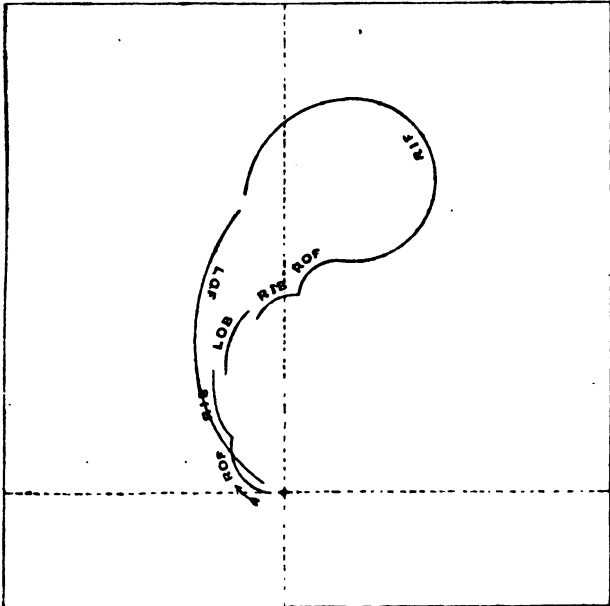
No. 68.

**ONCE BACK, BACK REVERSE Q OUT
AND FORWARD IN.**



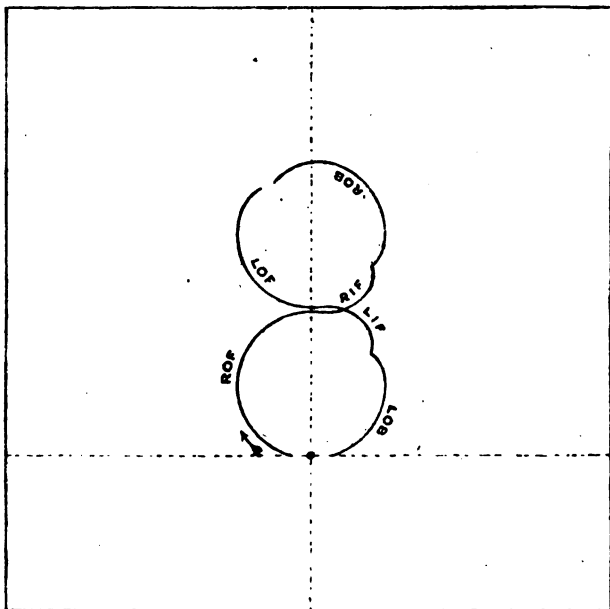
No. 69.

**ONCE BACK
AND BACK INSIDE REVERSE Q OUT
AND FORWARD IN.**



No. 70.

**FORWARD Q OUT
AND FORWARD Q IN.**

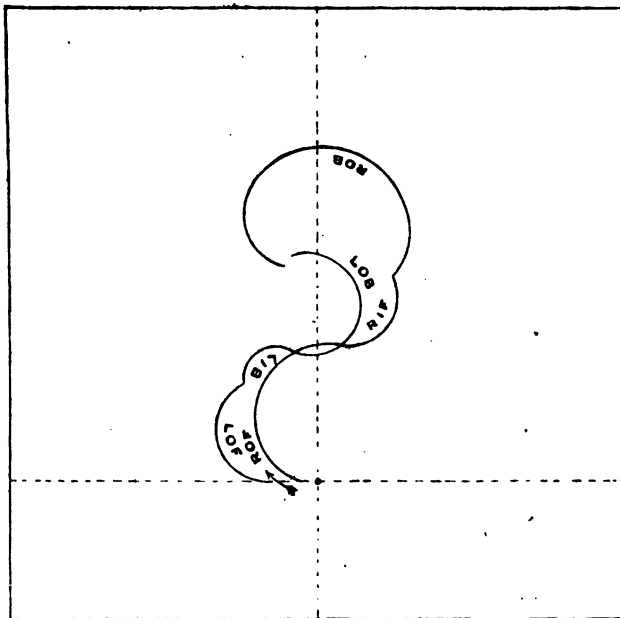


Similarly

**Forward Q out—and Forward inside Q in.
Forward inside Q out—and Forward inside Q in.
Forward inside Q out—and Forward Q in.**

No. 71.

**FORWARD Q OUT
AND BACK Q IN.**



Similarly

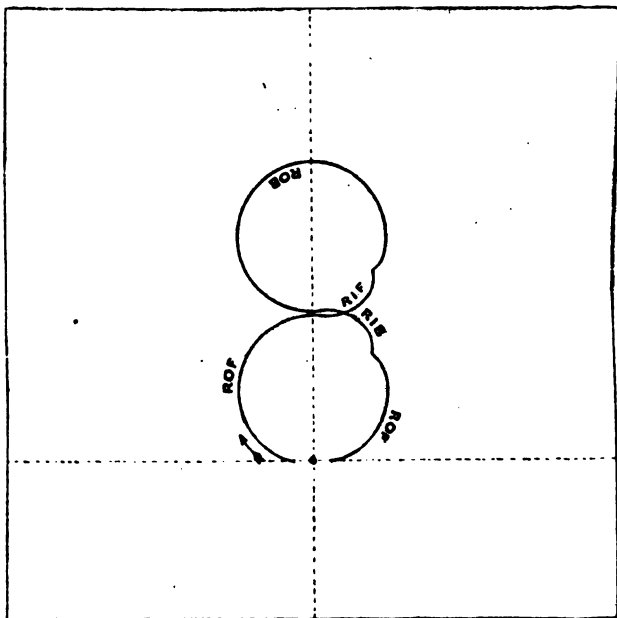
Forward Q out—and Back inside Q in.

Forward inside Q out—and Back inside Q in.

Forward inside Q out—and Back Q in

No. 72.

FORWARD Q OUT, BACK Q IN.



Similarly

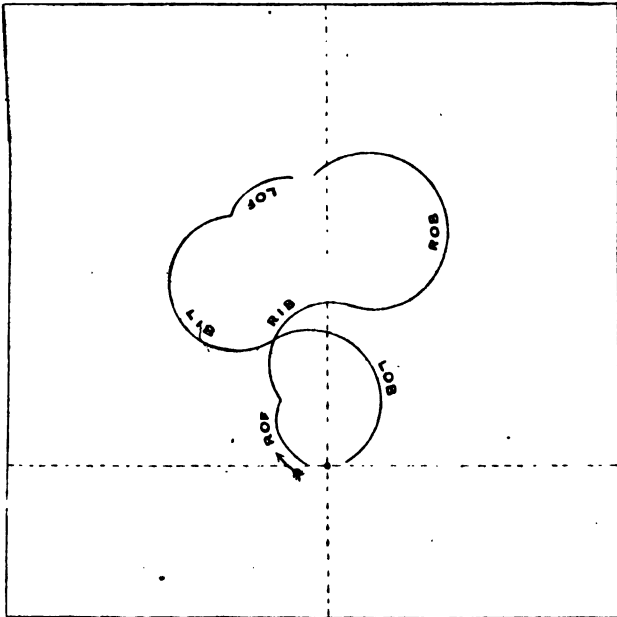
Forward inside Q out, Back inside Q in.

Forward Q out, change, Back inside Q in.

Forward inside Q out, change, Back Q in.

No. 73.

**FORWARD REVERSE Q OUT
AND FORWARD REVERSE Q IN.**



Similarly

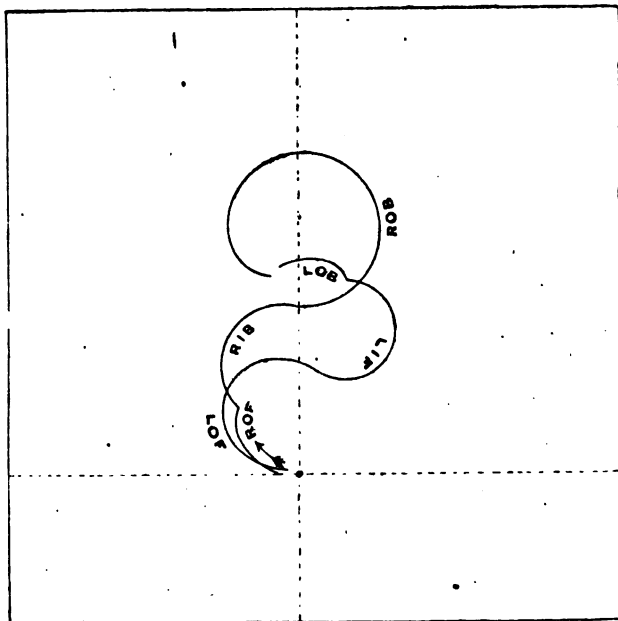
Forward Reverse Q out—and Forward inside Reverse Q in.

Forward inside Reverse Q out—and Forward inside Reverse Q in.

Forward inside Reverse Q out—and Forward Reverse Q in.

No. 74.

FORWARD REVERSE Q OUT
AND BACK REVERSE Q IN.



Similarly

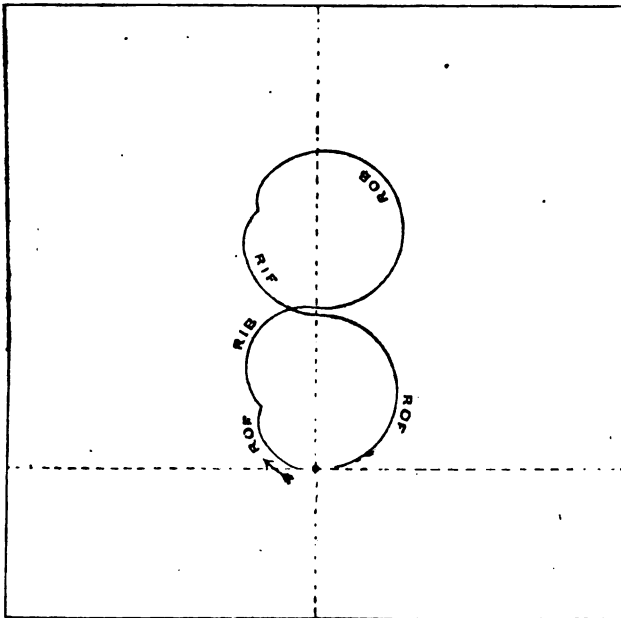
Forward Reverse Q. out—and Back inside Reverse Q in.

Forward inside Reverse Q out—and Back inside Reverse Q in.

Forward inside Reverse Q out—and Back Reverse Q in.

No. 75.

FORWARD REVERSE Q OUT, BACK REVERSE Q IN.



Similarly

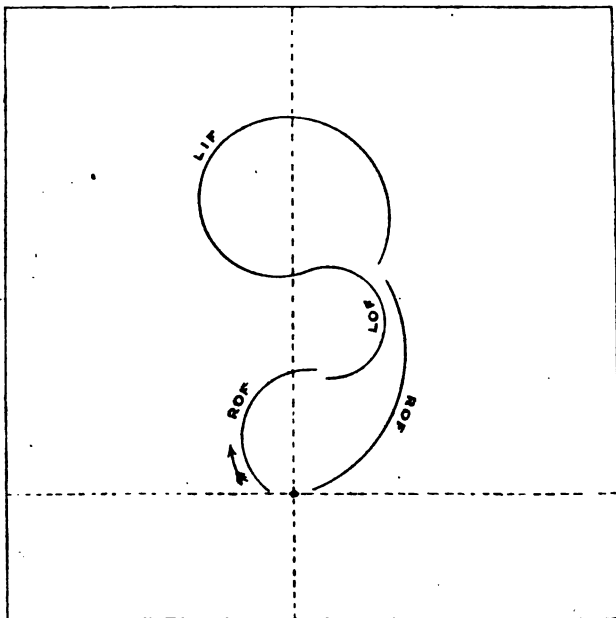
Forward inside Reverse Q out, Back inside Reverse Q in.

Forward Reverse Q out, change, Back inside Reverse Q in

Forward inside Reverse Q out, change, Back Reverse Q in.

No. 76.

FORWARD.
AND FORWARD CHANGE OUT
AND FORWARD IN.



Similarly

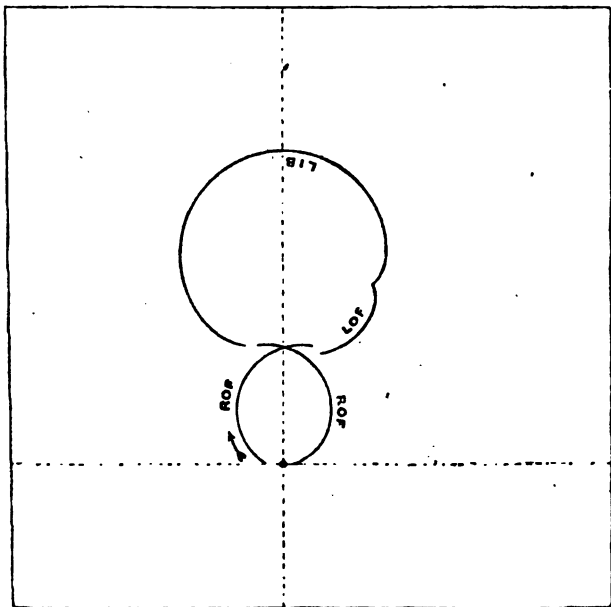
Forward—and Forward inside change out—and Forward in.

Inside Forward—and Forward inside change out—and inside Forward in.

Inside Forward—and Forward change out—and Forward in.

No. 77.

**FORWARD
AND FORWARD THREE OUT
AND FORWARD IN.**

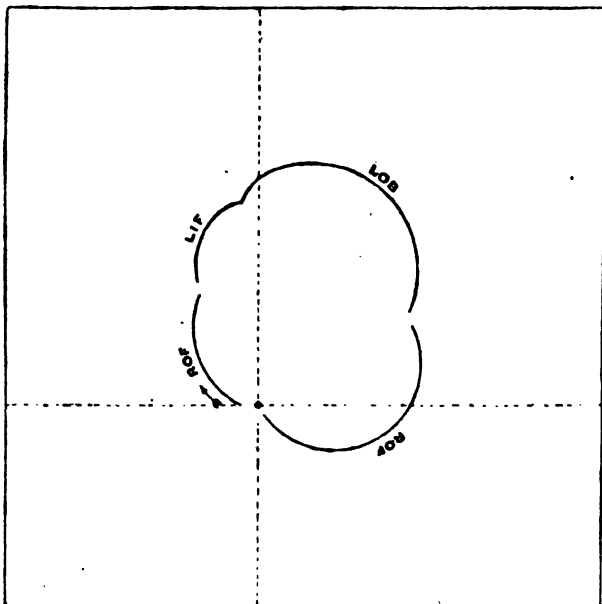


Similarly

**Inside Forward—and Forward inside three out—
and inside Forward in.**

No. 78.

**FORWARD
AND FORWARD INSIDE THREE OUT
AND FORWARD IN.**

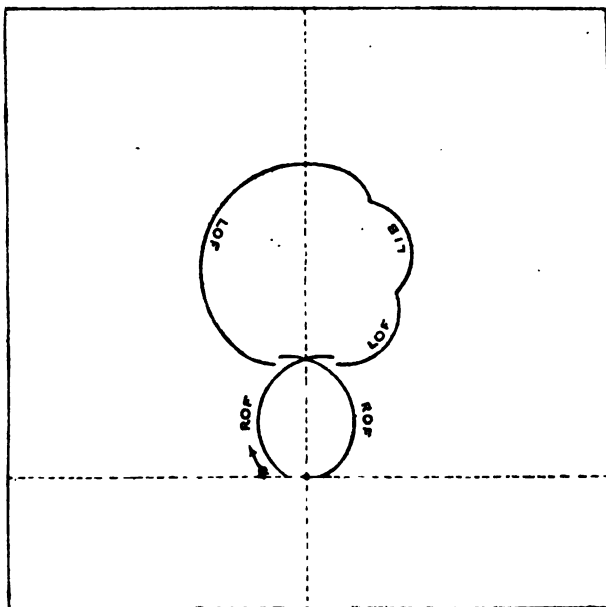


Similarly

Inside Forward—and Forward three out—and Forward in.

No. 79.

**FORWARD
AND FORWARD TWO TURNS OUT
AND FORWARD IN.**



Similarly

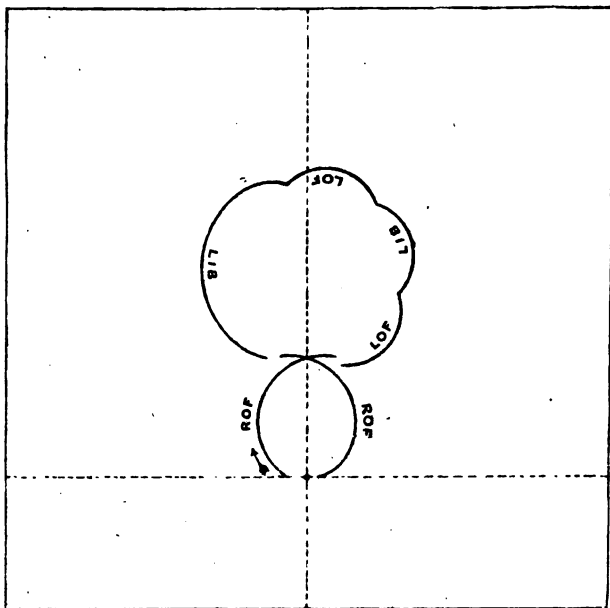
Forward—and Forward inside two turns out—and Forward in.

Inside Forward—and Forward inside two turns but—and inside Forward in.

Inside Forward—and Forward two turns out—and Forward in.

No. 80.

FORWARD
AND FORWARD THREE TURNS OUT
AND FORWARD IN.



Similarly

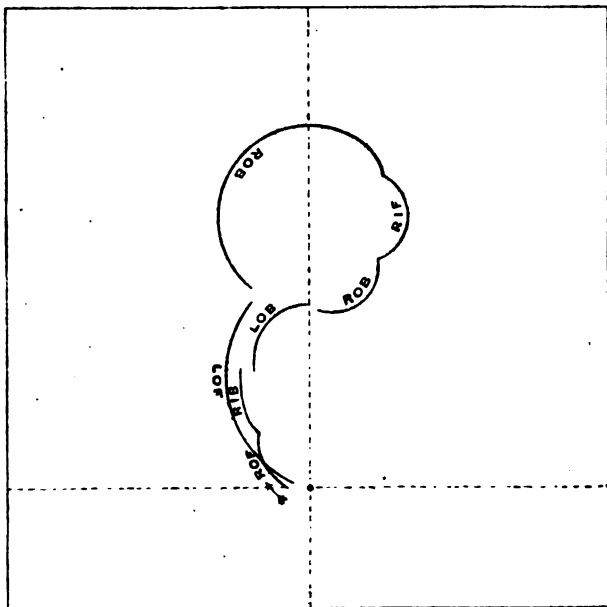
Forward—and Forward inside three turns out—and Forward in.

Inside Forward—and Forward inside three turns out—and inside Forward in.

Inside Forward and Forward three turns out—and Forward in,

No. 81.

ONCE BACK
AND BACK TWO TURNS OUT
AND FORWARD IN



Similarly

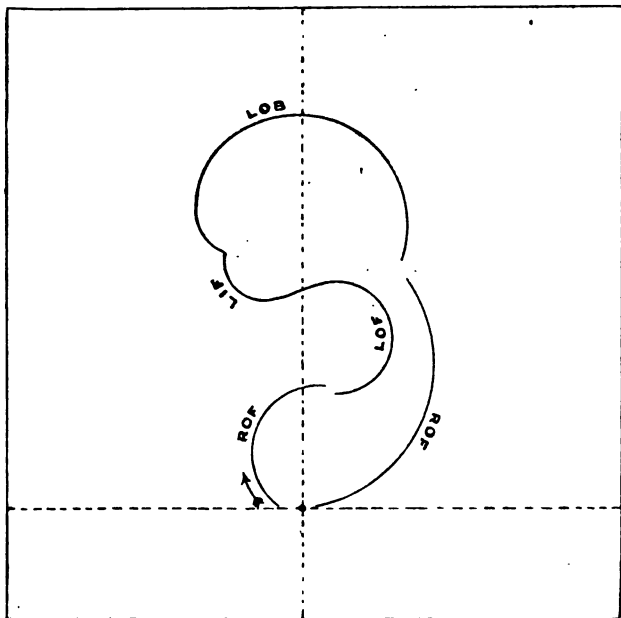
Once Back—and Back inside two turns out—and Forward in.

Once Back—and Back three turns out—and Forward in.

Once Back—and Back inside three turns out—and Forward in

No. 82.

**FORWARD
AND FORWARD Q OUT
AND FORWARD IN.**



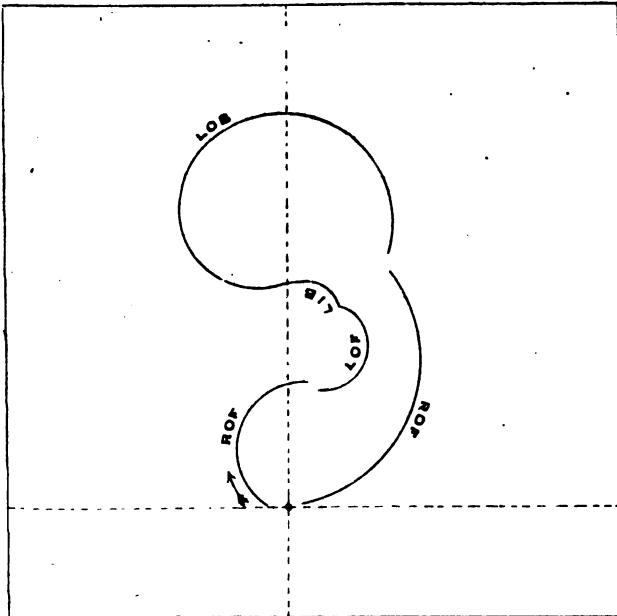
Similarly

**Forward—and Forward inside Q out—and Forward in.
Inside Forward—and Forward inside Q out—and
inside Forward in.**

**Inside Forward—and Forward Q out—and Forward
in.**

No. 88.

**FORWARD
AND FORWARD REVERSE Q OUT
AND FORWARD IN**



Similarly

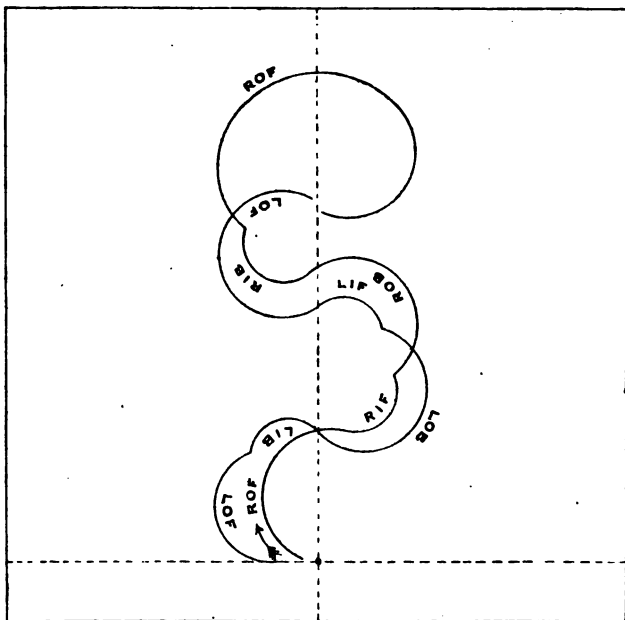
**Forward—and Forward inside Reverse Q out—and
Forward in**

**Inside Forward—and Forward inside Reverse Q out
—and inside Forward in.**

**Inside Forward—and Forward Reverse Q out—and
Forward in.**

No. 84.

FORWARD Q, BACK Q OUT
AND FORWARD Q, BACK Q IN.



Similarly

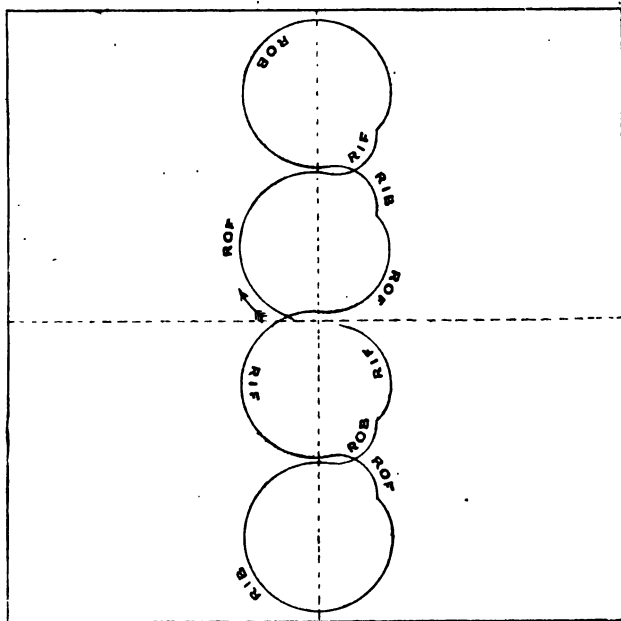
Forward inside Q, Back inside Q out—and Forward inside Q, Back inside Q in.

Forward Q, back Q out—and Forward inside Q, Back inside Q in.

Forward inside Q, back inside Q out—and Forward Q Back Q in.

No. 85.

**FORWARD Q OUT, BACK Q IN, CHANGE AT
CENTRE, FORWARD INSIDE Q
OUT, BACK INSIDE Q IN.**



Similarly

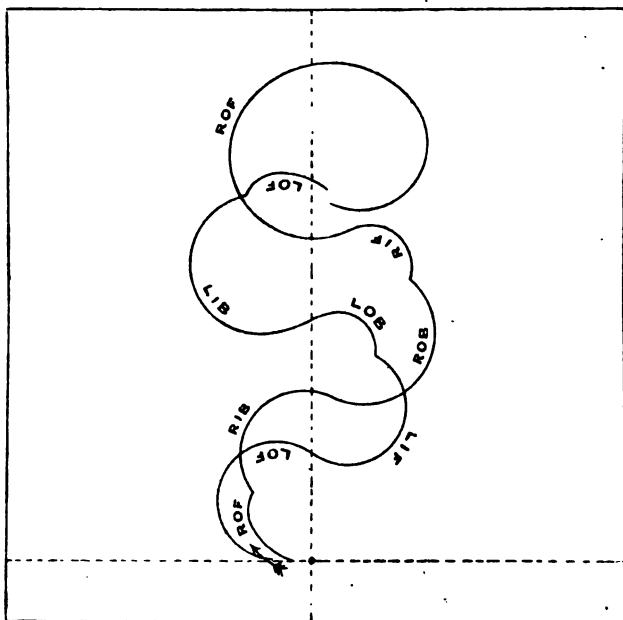
Forward inside Q out, Back inside Q in, change at
centre, Forward Q out, Back Q in.

Forward Q, Back Q out, change, Back inside Q, Forward
inside Q in.

Forward inside Q, Back inside Q out, change, Back Q,
Forward Q in.

No. 86.

FORWARD REVERSE Q, BACK REVERSE Q OUT
AND FORWARD REVERSE Q, BACK REVERSE Q IN.



Similarly

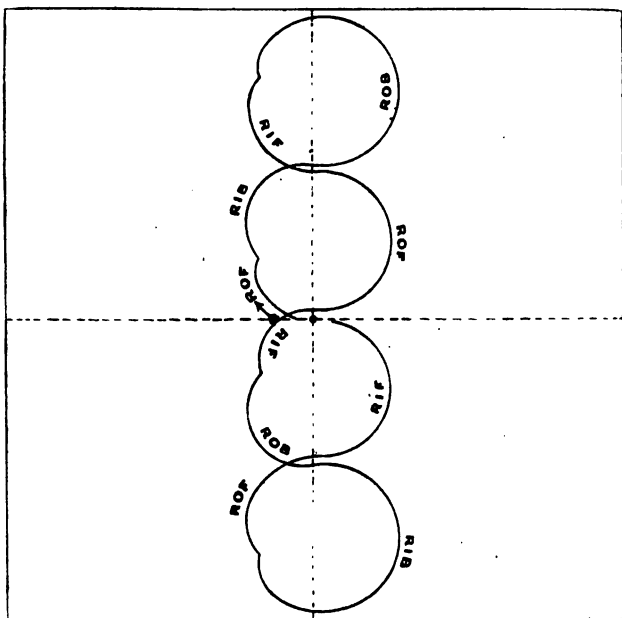
Forward inside Reverse Q, Back inside Reverse Q out
—and Forward inside Reverse Q, Back inside Reverse Q in.

Forward Reverse Q, Back Reverse Q out—and Forward
inside Reverse Q, Back inside Reverse Q in.

Forward inside Reverse Q, Back inside Reverse Q
out—and Forward Reverse Q, Back Reverse Q in.

No. 87.

FORWARD REVERSE Q OUT, BACK REVERSE Q IN,
CHANGE AT CENTRE, FORWARD INSIDE
REVERSE Q OUT, BACK INSIDE REVERSE Q IN.



Similarly

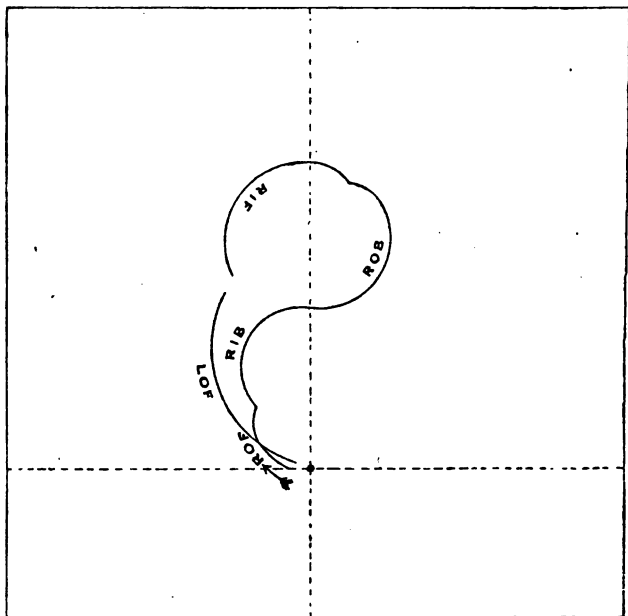
Forward inside Reverse Q out, Back Inside Reverse Q in, change at centre, Forward Reverse Q out, Back Reverse Q in.

Forward Reverse Q, Back Reverse Q out, change, Back inside Reverse Q, Forward inside Reverse Q in.

Forward inside Reverse Q, Back inside Reverse Q out, change, Back Reverse Q, Forward Reverse Q in.

No. 88.

**FORWARD THREE, CHANGE OUT, BACK THREE
AND FORWARD IN.**

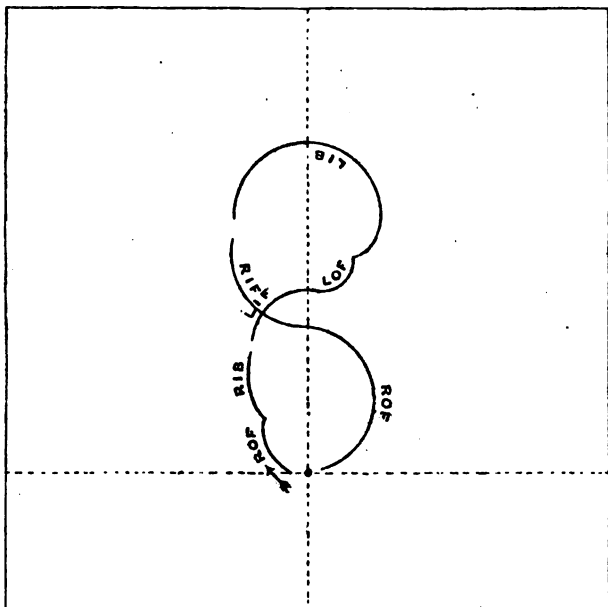


Similarly

**Forward inside three, change out, Back inside three
—and Forward in.**

No. 89.

**FORWARD THREE
AND FORWARD INSIDE Q OUT
AND FORWARD INSIDE CHANGE IN.**

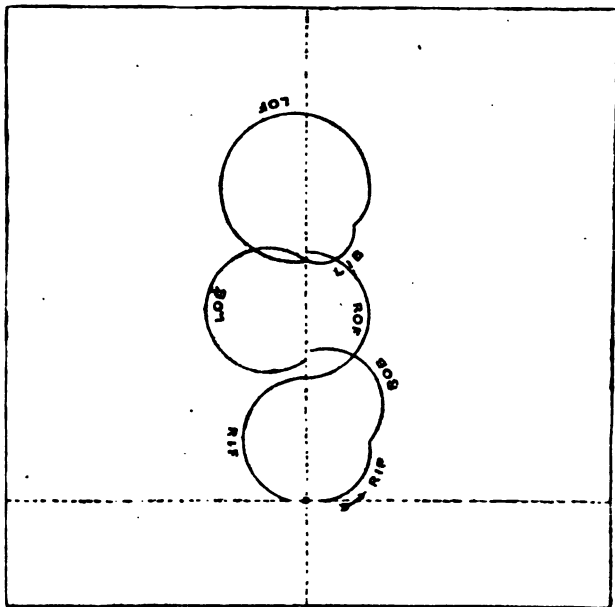


Similarly

**Forward three—and Forward inside Reverse Q out—
and Forward inside change in.**

No. 90.

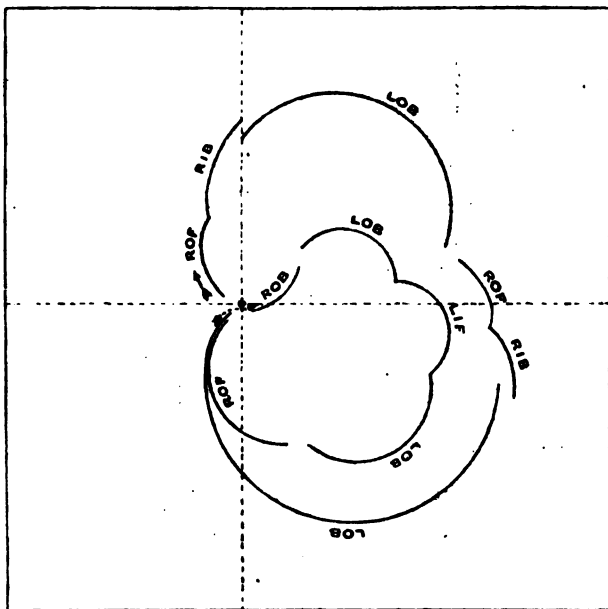
**FORWARD INSIDE THREE
AND BACK Q OUT
AND FORWARD CHANGE IN.**



Similarly

**Forward inside three—and Back Reverse Q out—and
Forward change in.**

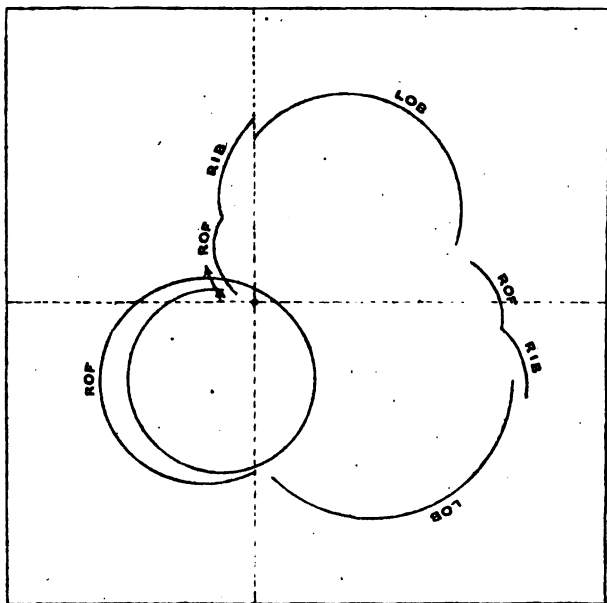
**TWICE BACK
AND BACK ENTIRE
AND BACK TWO TURNS OUT
AND FORWARD IN.**



Twice Back—and Back entire—and Back three turns out—and Forward in.

No. 92.

**TWICE BACK
AND FORWARD, PASS.**

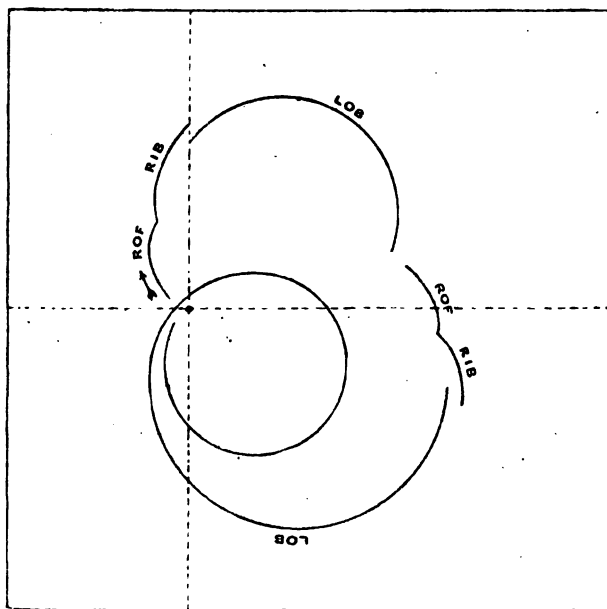


Similarly

Twice Back—and Forward—and inside Forward, pass.

No. 93.

TWICE BACK, PASS.

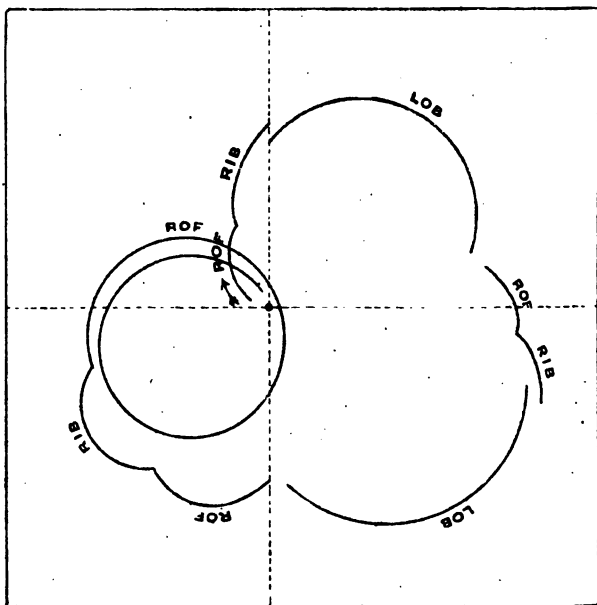


Similarly

Twice Back—and inside Back, pass

No. 94.

TWICE BACK
AND FORWARD TWO TURNS, PASS.



Similarly

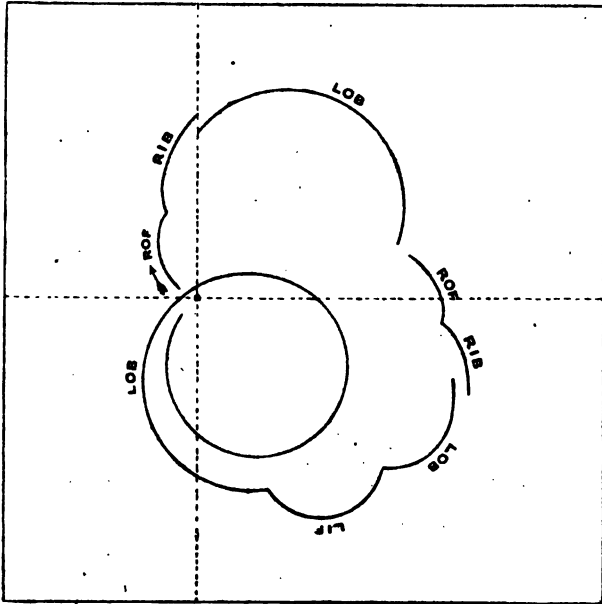
Twice Back—and Forward—and Forward inside two turns, pass.

Twice Back—and Forward three turns, pass.

Twice Back—and Forward—and Forward inside three turns, pass.

No. 95.

TWICE BACK, BACK TWO TURNS, PASS.



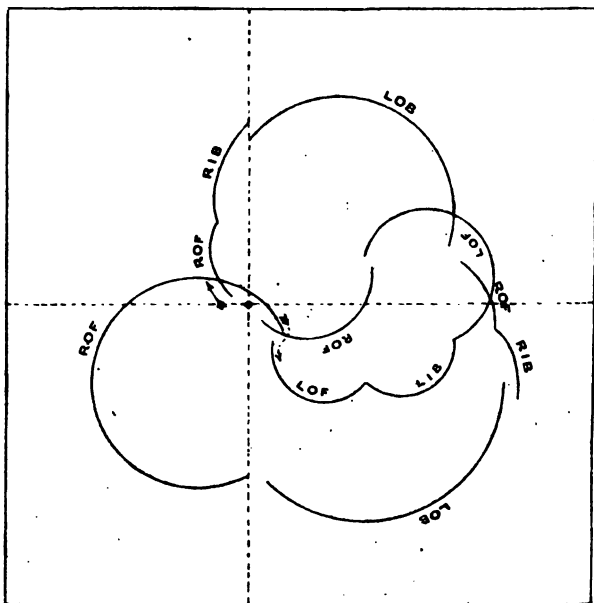
Similarly

Twice Back—and Back inside two turns, pass.

Twice Back, back three turns, pass.

Twice Back—and Back inside three turns, pass.

**TWICE BACK
AND FORWARD, PASS
AND FORWARD TWO TURNS OUT
AND FORWARD IN.**



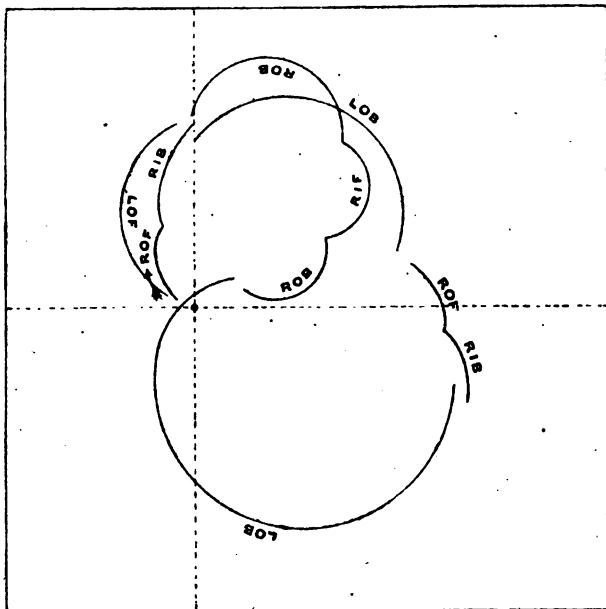
**Twice Back—and Forward—and inside Forward, pass
—and Forward inside two turns out—and inside For-
ward in.**

**Twice Back—and Forward—and inside Forward, pass
—and Forward inside three turns out—and inside For-
ward in.**

Twice Back—and Forward—and inside Forward, pass —and Forward inside Q out—and inside Forward in.

No. 97.

TWICE BACK, PASS
AND BACK TWO TURNS OUT
AND FORWARD IN.



Similarly

Twice Back—and inside Back, pass—and Back inside two turns out—and inside Forward in.

Twice Back, pass—and Back three turns out—and Forward in.

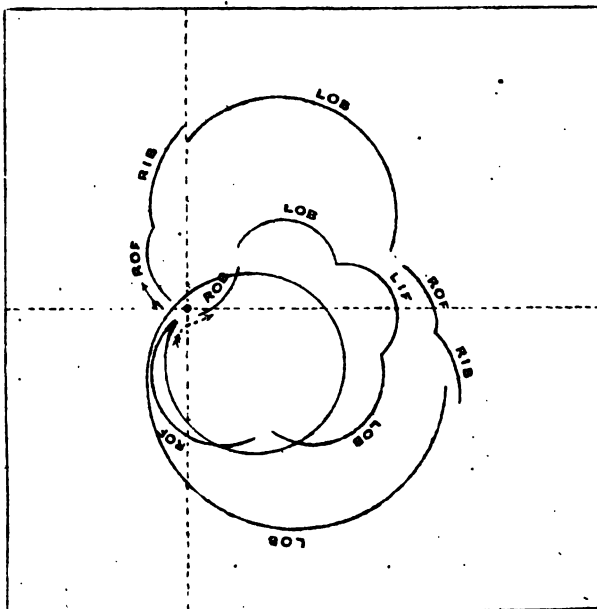
Twice Back—and inside Back, pass—and Back inside three turns out—and inside Forward in.

Twice Back, pass—and back Q out—and Forward in.

Twice Back—and inside Back, pass—and Back inside Q out—and inside Forward in.

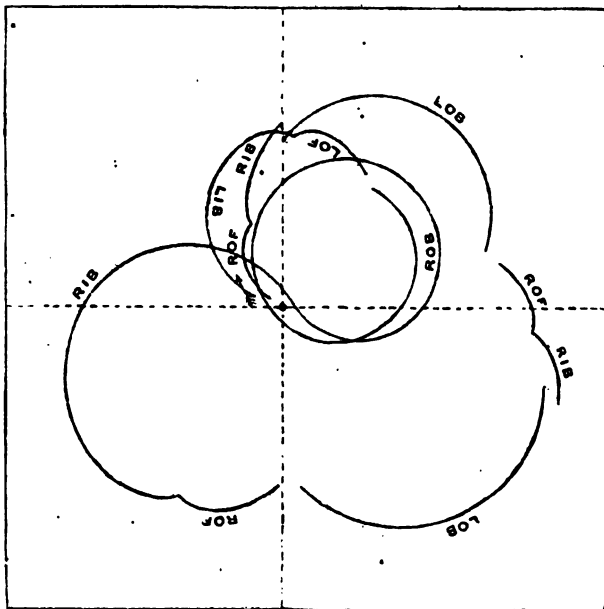
No. 98:

**TWICE BACK, PASS
AND BACK ENTIRE
AND BACK TWO TURNS OUT
AND FORWARD IN.**



No. 99.

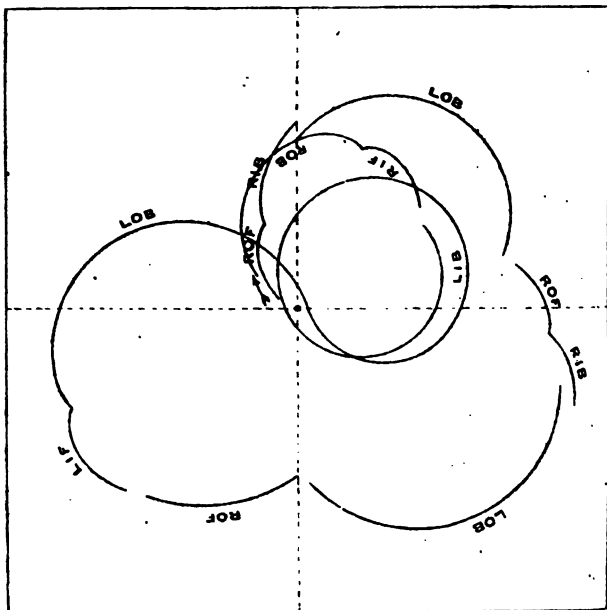
TWICE BACK
AND FORWARD THREE, PASS, CHANGE, PASS
AND FORWARD THREE.



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No. 100.

TWICE BACK
AND FORWARD
AND FORWARD INSIDE THREE, PASS, CHANGE,
PASS
AND FORWARD INSIDE THREE.



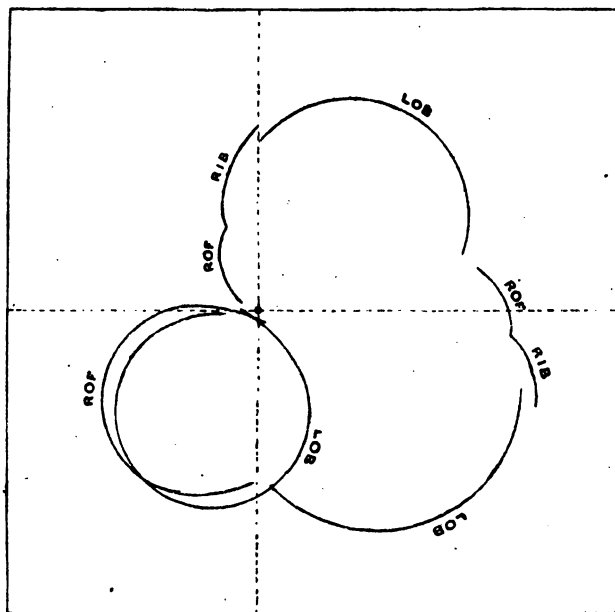
Similarly

Twice Back, Back three, pass, change, pass—and Forward inside three.

Twice Back—and Back inside three, pass, change, pass—and Forward three.

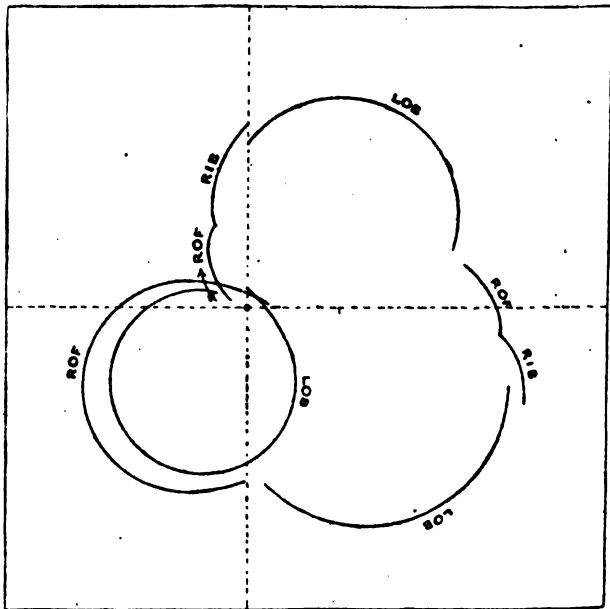
No. 101.

TWICE BACK
AND FORWARD MOHAWK AT CENTRE.



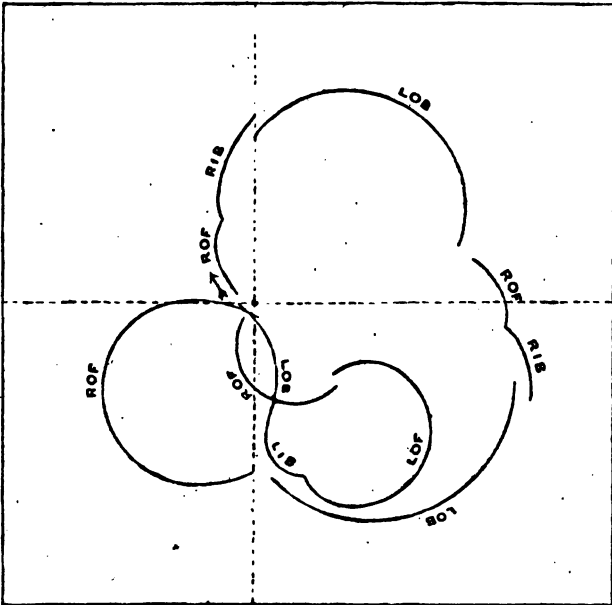
No. 102.

**TWICE BACK
AND FORWARD PASS-MOHAWK AT CENTRE.**



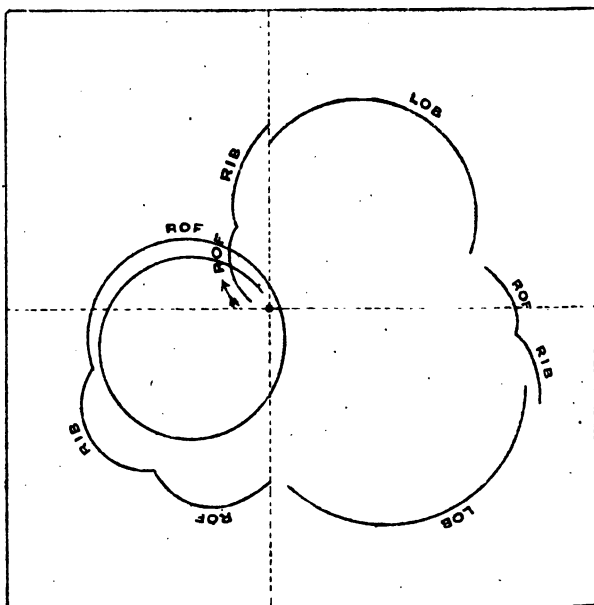
No. 103.

TWICE BACK
AND FORWARD MOHAWK AT CENTRE, BACK Q
OUT
AND FORWARD IN.



No. 94.

TWICE BACK
AND FORWARD TWO TURNS, PASS.



Similarly

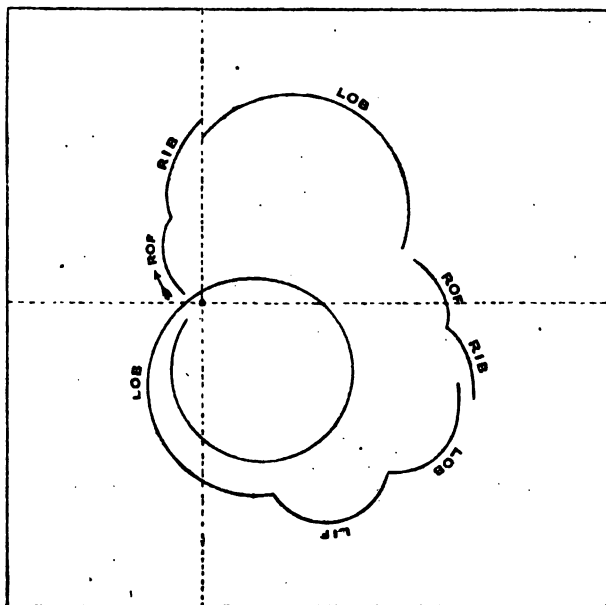
Twice Back—and Forward—and Forward inside two turns, pass.

Twice Back—and Forward three turns, pass.

Twice Back—and Forward—and Forward inside three turns, pass.

No. 95.

TWICE BACK, BACK TWO TURNS, PASS.



Similarly

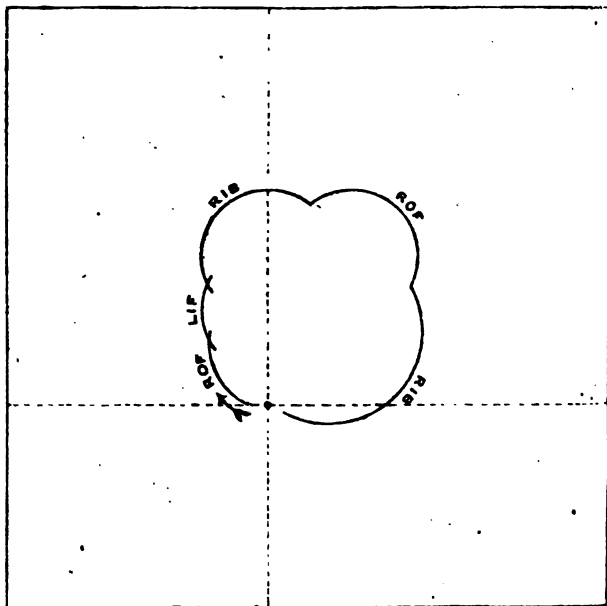
Twice Back—and Back inside two turns, pass.

Twice Back, back three turns, pass.

Twice Back—and Back inside three turns, pass.

No. 106.

FORWARD
AND FORWARD INSIDE MOHAWK, BACK INSIDE
TWO TURNS.

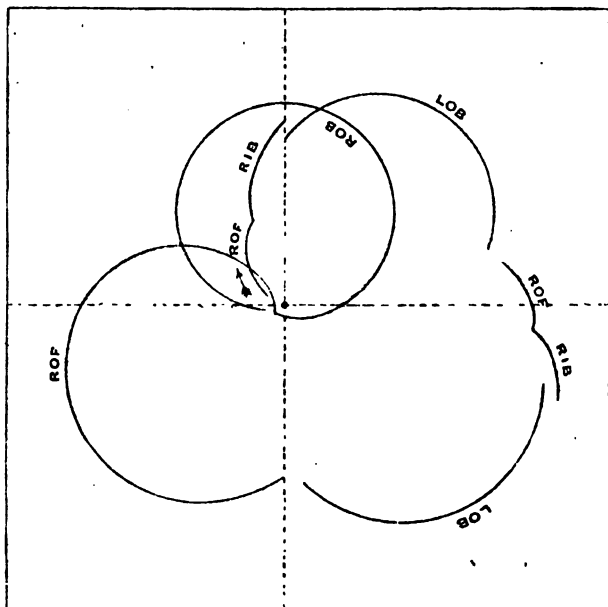


Similarly

Forward—and Forward inside Mohawk, Back inside
three turns.

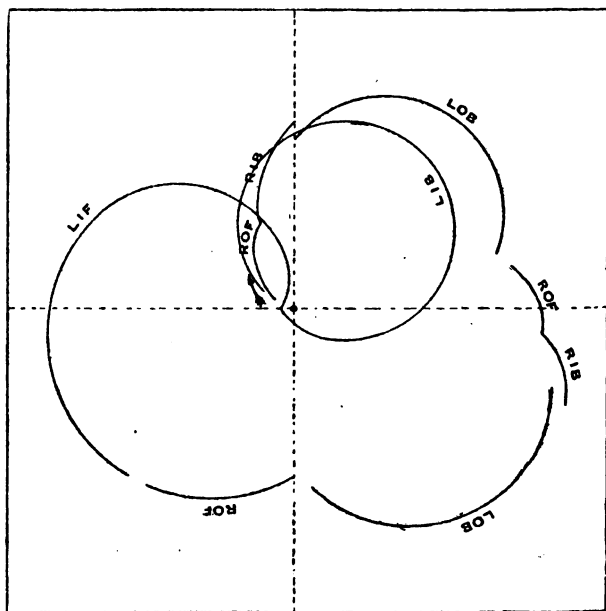
No. 107

TWICE BACK
AND FORWARD ROCKING TURN AT CENTRE.



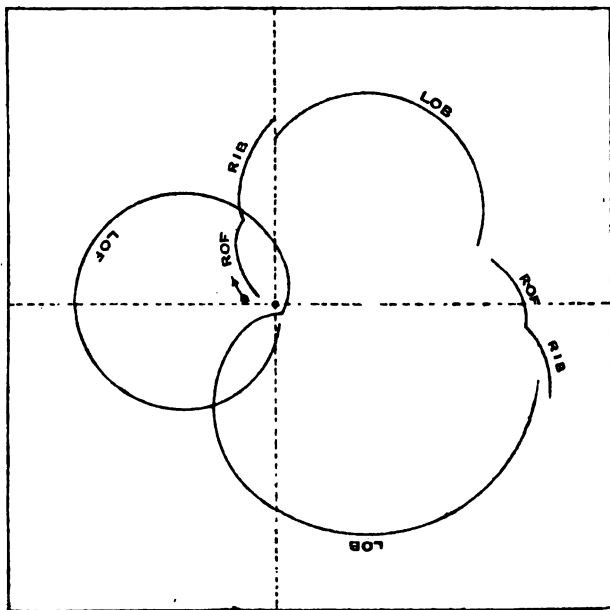
No. 108.

TWICE BACK
AND FORWARD
AND FORWARD INSIDE ROCKING TURN AT
CENTRE.



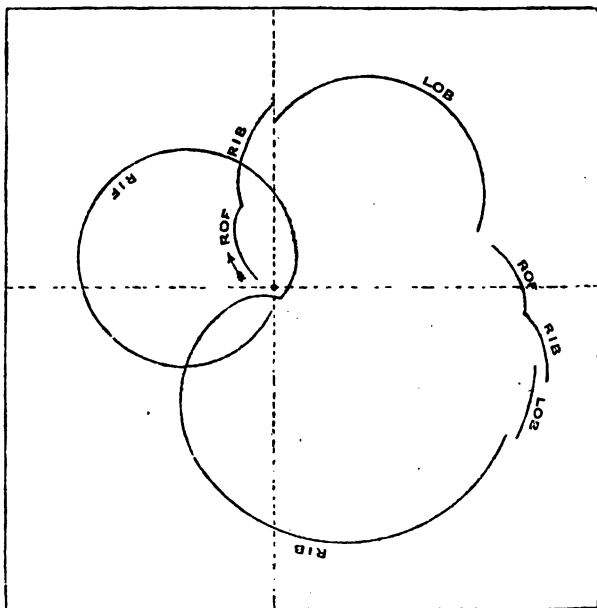
No. 109.

TWICE BACK, BACK ROCKING TURN AT CENTRE.



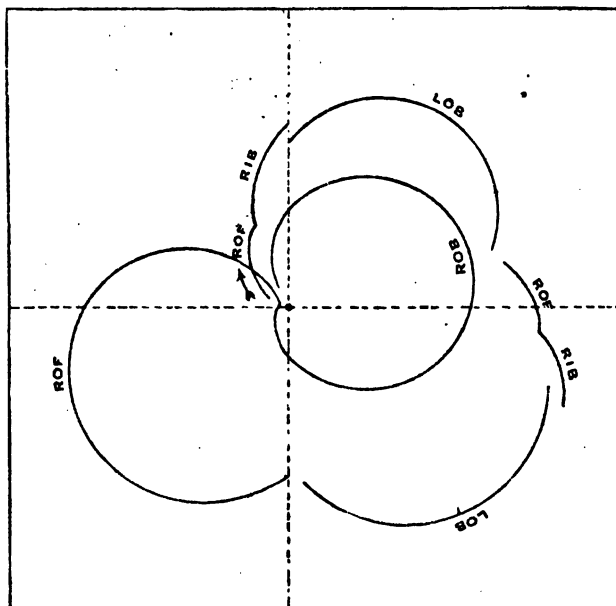
No. 110.

**TWICE BACK
AND BACK INSIDE ROCKING TURN AT CENTRE.**



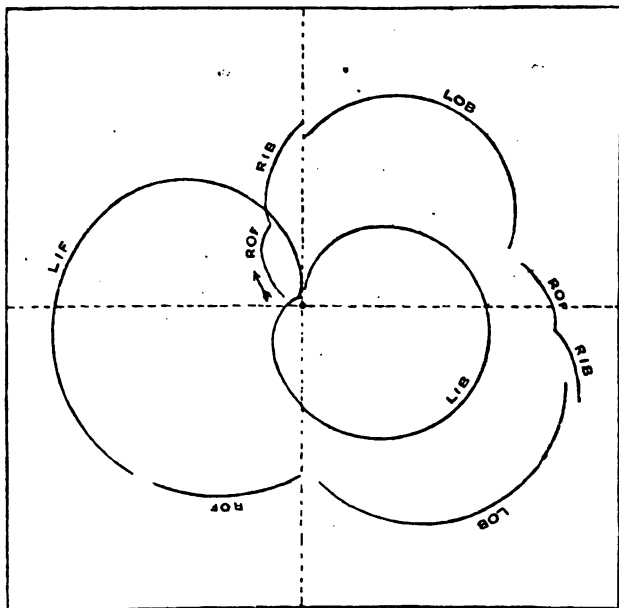
No. 111.

TWICE BACK
AND FORWARD COUNTER-ROCKING TURN AT
CENTRE.



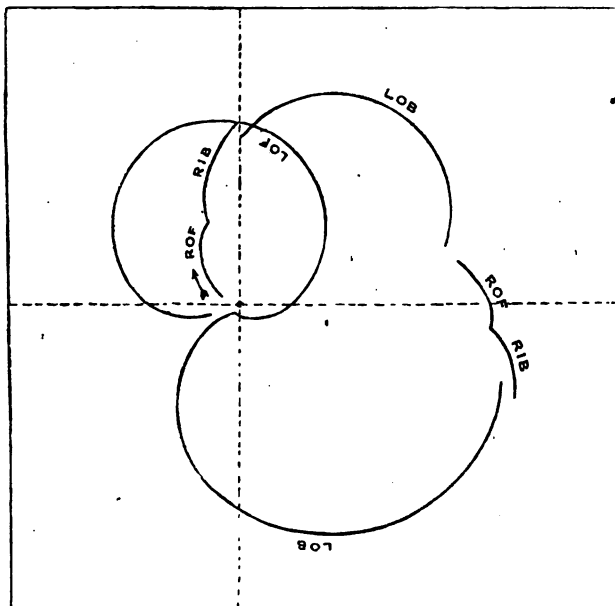
No. 112.

**TWICE BACK
AND FORWARD
AND FORWARD INSIDE COUNTER-ROCKING
TURN AT CENTRE.**



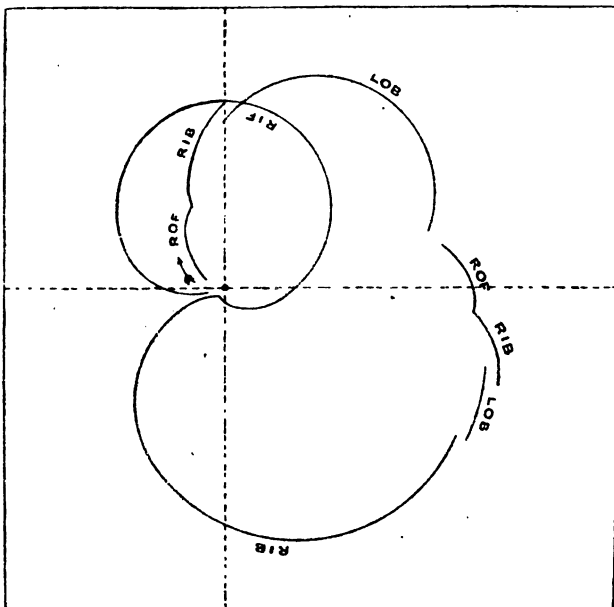
No. 113.

TWICE BACK, BACK COUNTER-ROCKING TURN
AT CENTRE.



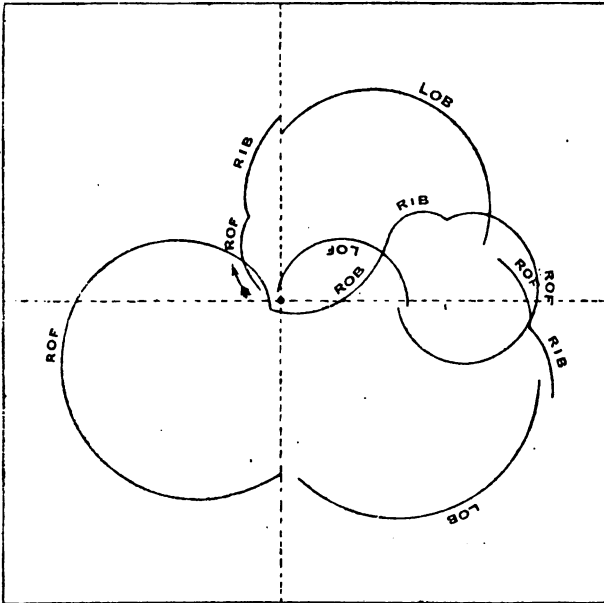
No. 114.

**TWICE BACK
AND BACK INSIDE COUNTER-ROCKING TURN
AT CENTRE.**



No. 115.

TWICE BACK
AND FORWARD ROCKING TURN AT CENTRE,
BACK Q OUT
AND FORWARD IN.



Similarly

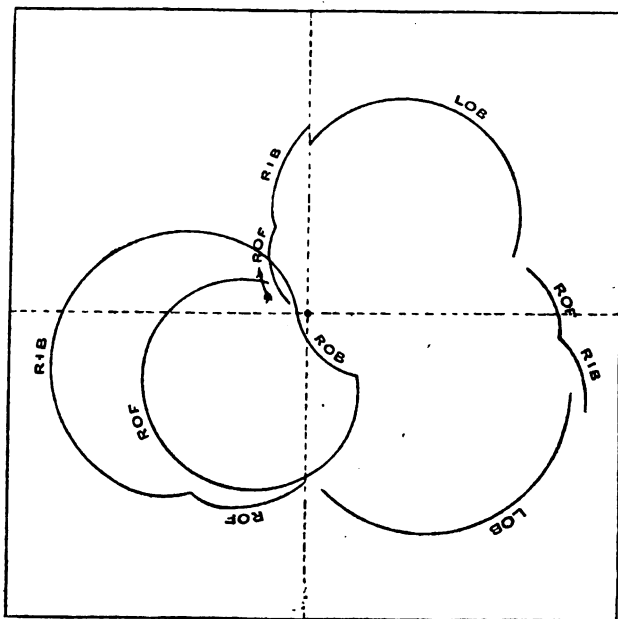
Twice Back—and Forward—and Forward inside
Rocking turn at centre, Back inside Q out—and inside
Forward in.

Twice Back, Back Rocking turn at centre, Forward
Q out—and Forward in.

Twice Back—and Back inside Rocking turn at centre,
Forward inside Q out—and inside Forward in.

No. 116.

TWICE BACK
AND FORWARD REVERSE Q (*changing at centre*),
BACK ROCKING TURN.

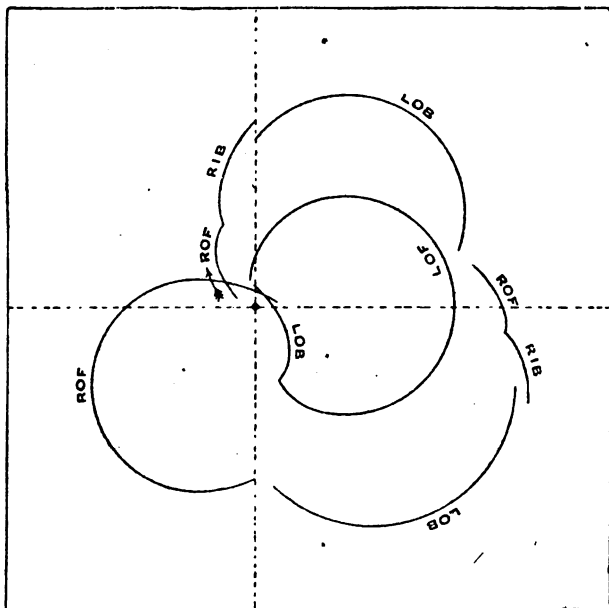


Similarly

Twice Back—and Forward—and Forward inside
Reverse Q (*changing at centre*), Back inside Rocking
turn.

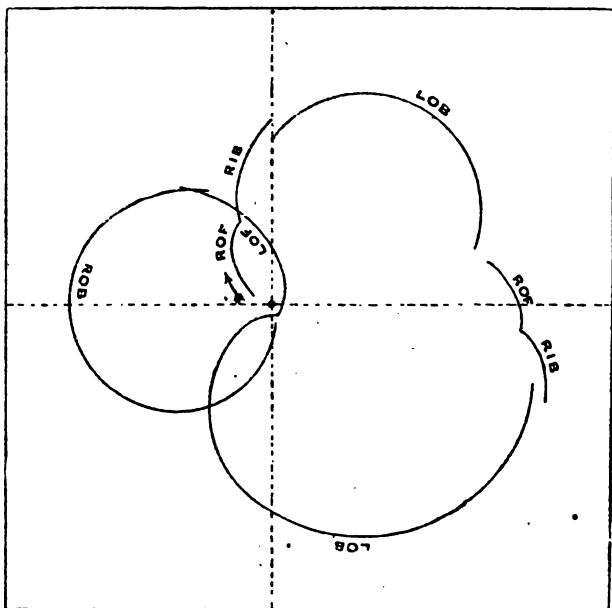
No. 117.

**TWICE BACK
AND FORWARD PASS-MOHAWK AT CENTRE,
BACK ROCKING TURN.**



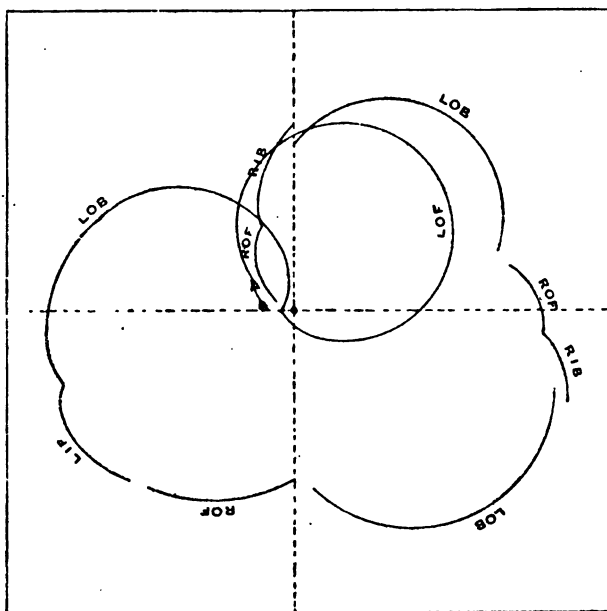
No. 118.

**TWICE BACK, BACK ROCKING TURN AT CENTRE,
FORWARD MOHAWK**



No. 119.

**TWICE BACK
AND FORWARD
AND FORWARD INSIDE THREE, BACK ROCKING
TURN AT CENTRE.**



Similarly

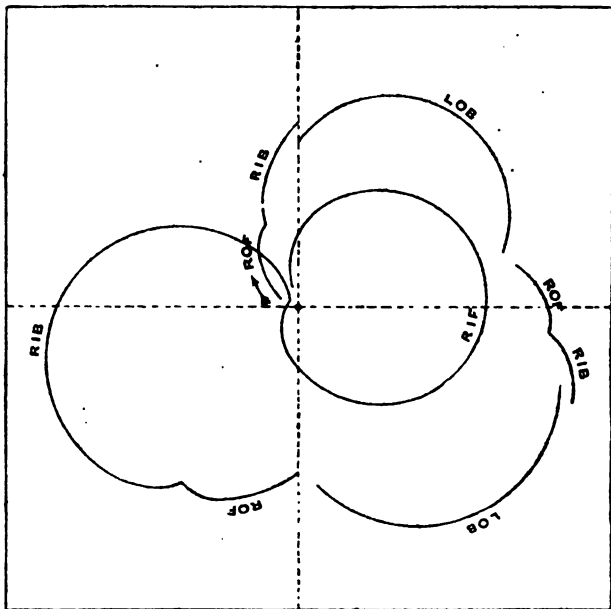
**Twice Back—and Forward three, Back inside Rocking
turn at centre.**

**Twice Back, Back three, Forward inside Rocking turn
at centre.**

**Twice back—and Back inside three, Forward Rocking
turn at centre.**

No. 120.

**TWICE BACK
AND FORWARD THREE, BACK INSIDE COUNTER-
ROCKING TURN AT CENTRE.**



Similarly

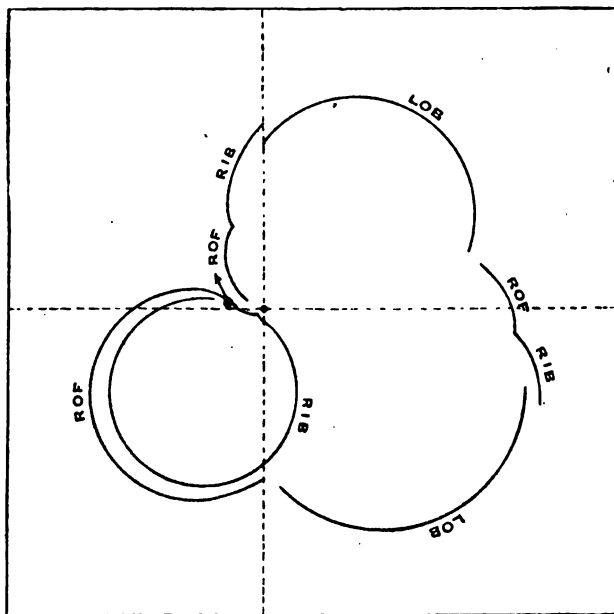
Twice Back—and Forward—and Forward inside three,
Back Counter-rocking turn at centre.

Twice Back, Back three, Forward inside Counter-rock-
ing turn at centre.

Twice Back—and Back inside three, Forward Counter-
rocking turn at centre.

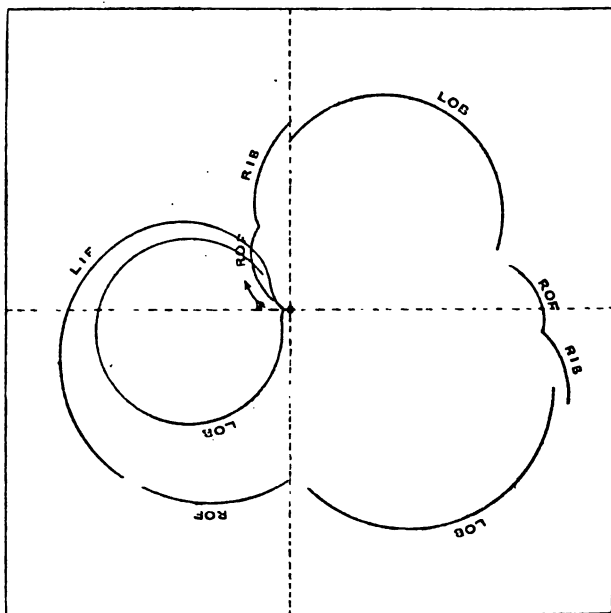
No. 121.

TWICE BACK
AND FORWARD BRACKET TURN AT CENTRE.



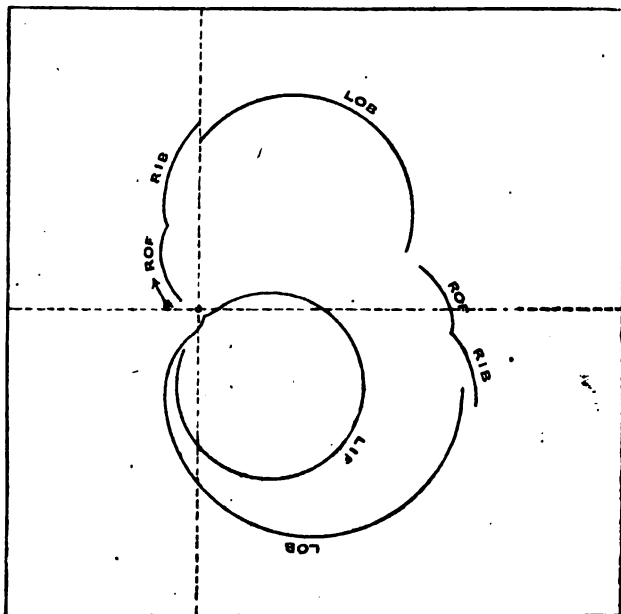
No. 122.

TWICE BACK
AND FORWARD
AND FORWARD INSIDE BRACKET TURN AT
CENTRE.



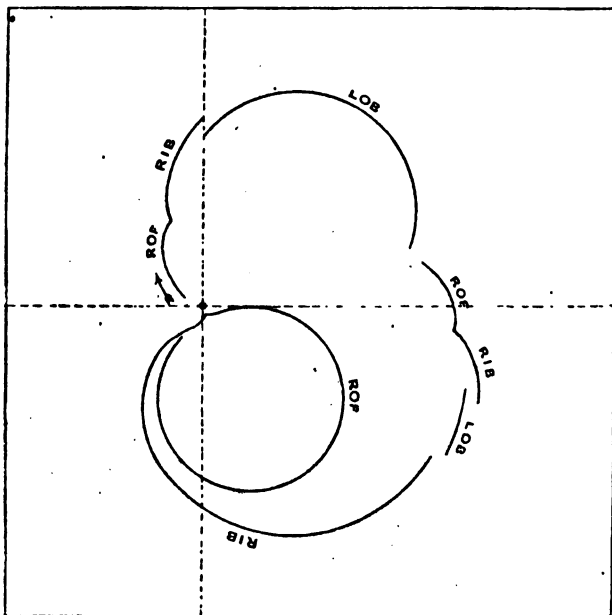
No. 123.

TWICE BACK, BACK BRACKET TURN AT CENTRE.



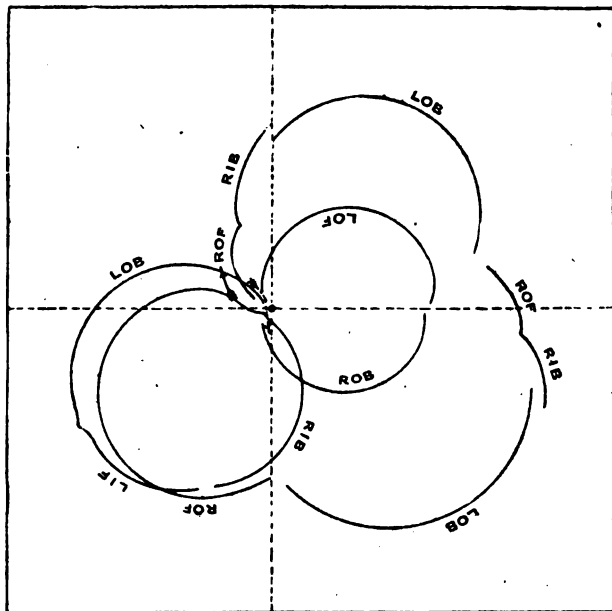
No. 124.

**TWICE BACK
AND BACK INSIDE BRACKET TURN AT CENTRE.**



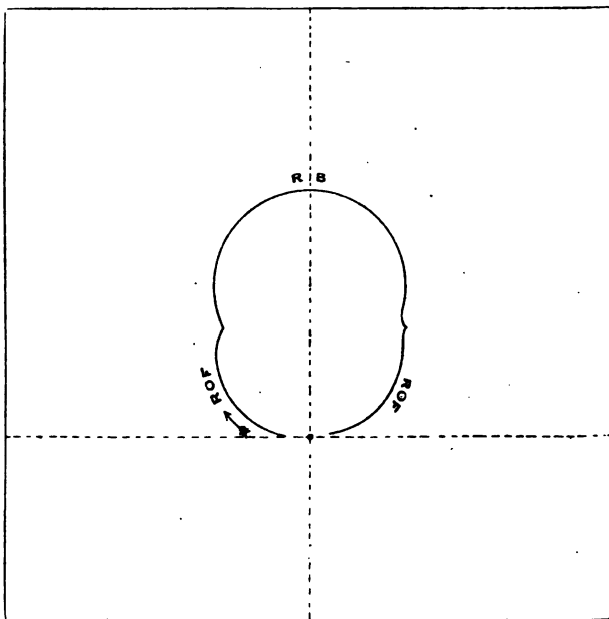
No. 125.

TWICE BACK
AND FORWARD BRACKET TURN AT CENTRE
AND FORWARD INSIDE BRACKET TURN
AND BACK ENTIRE
AND FORWARD.



No. 126.

FORWARD THREE, BACK INSIDE BRACKET TURN.

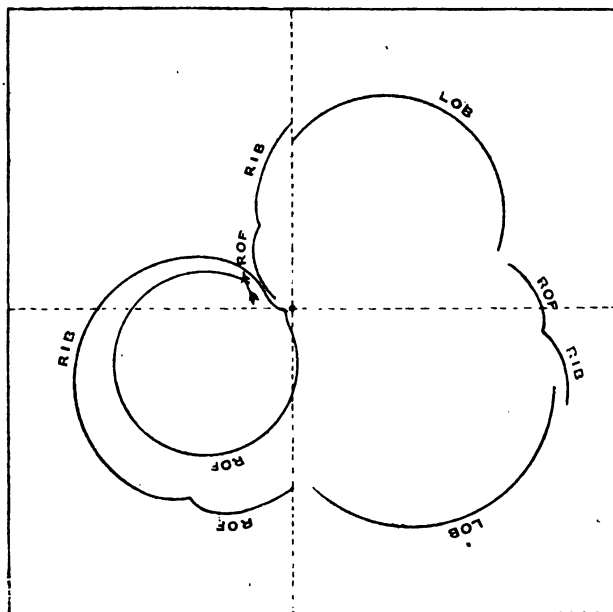


Similarly

Forward inside three, Back bracket turn.

No. 127.

**TWICE BACK
AND FORWARD THREE, BACK INSIDE BRACKET
TURN AT CENTRE.**



Similarly

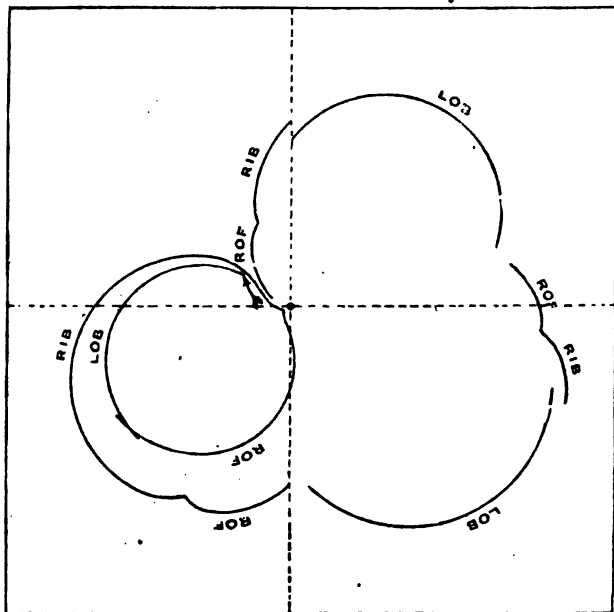
Twice Back—and Forward—and Forward inside three, Back Bracket turn at centre.

Twice Back, Back three, Forward inside Bracket turn at centre.

Twice Back—and Back inside three, Forward Bracket turn at centre.

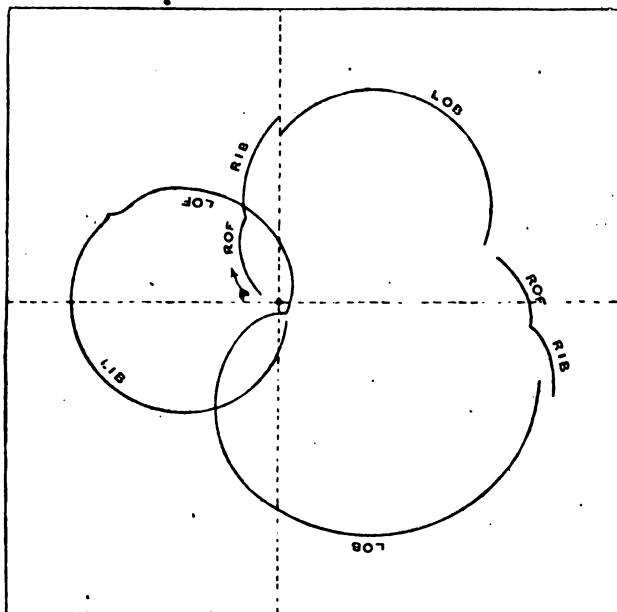
No. 128.

TWICE BACK
AND FORWARD THREE, BACK INSIDE BRACKET
TURN AT CENTRE, FORWARD MOHAWK.



No. 129.

TWICE BACK, BACK ROCKING TURN AT CENTRE,
FORWARD BRACKET TURN.

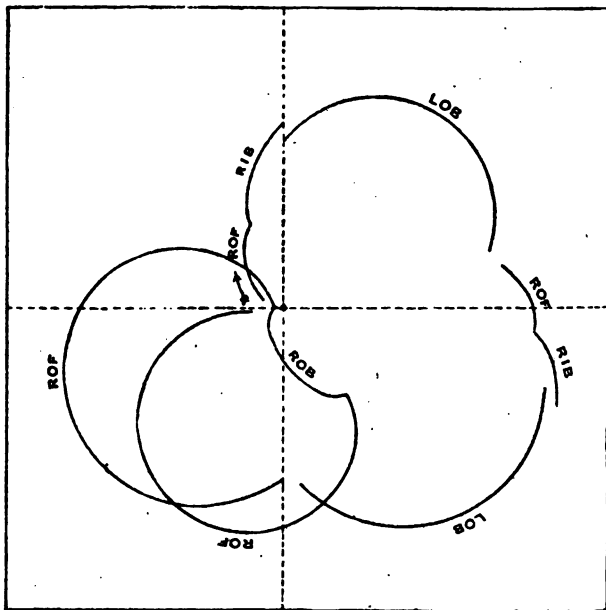


Similarly

Twice Back—and Back inside Rocking turn at centre,
Forward inside Bracket turn.

No. 130.

TWICE BACK
AND FORWARD COUNTER-ROCKING TURN AT
CENTRE, BACK ROCKING TURN.



Similarly

Twice Back—and Forward—and Forward inside
Counter-rocking turn at centre, Back inside Rocking turn

Twice Back, Back Counter-rocking turn at centre,
Forward Rocking turn.

Twice Back—and Back inside Counter-rocking
turn at centre, Forward inside Rocking turn.

Twice Back—and Forward Rocking turn at centre,
Back Counter-rocking turn.

Twice Back—and Forward—and Forward inside
Rocking turn at centre, Back inside Counter-
Rocking turn.

Twice Back, Back Rocking turn at centre, Forward
Counter-rocking turn.

Twice Back—and Back inside Rocking turn at
centre, Forward inside Counter-rocking turn.

A PROGRESSIVE SERIES OF ALTERNATING "CALLS."

The Numbers affixed to the Figures refer to the Diagrams which Illustrate them.

SET 1.

- (a) Forward three. (1)
Forward three. (1)

- (b) Twice back—and forward. (2)
Twice back—and forward. (2)

- (c) Twice back—and forward three. (3)
Twice back—and forward three. (3)

- (d) Twice back, meet—and forward three. (7)
Twice back—and forward—and forward
entire. (9)
Twice back, meet—and forward three. (7)
Twice back—and forward—and forward
entire. (9)

- (e) Twice back—and back entire—and forward
three. (10)

Forward—and forward three out—and forward
in. (77)

Twice back—and back entire—and forward
three (10)

Forward—and forward three out—and forward
in. (77)

f) Twice back—and forward change at centre.
(11)

Forward inside change out—and forward in.
(54)

Twice back—and forward change at centre.
(11)

Forward inside change out—and forward in.
(54)

(g) Twice back—and forward—and forward inside
change at centre. (12)

Forward—and forward change out—and for-
ward in. (76)

Twice back—and forward—and forward inside
change at centre. (12)

Forward—and forward change out—and for-
ward in. (76)

(h) Twice back—and forward Q (changing at
centre). (15)

Twice back—and forward—and forward inside
Q (changing at centre). (16)

Twice back—and forward Q (changing at centre). (15)

Twice back—and forward—and forward inside Q (changing at centre). (16)

(i) Forward three. (1)

Forward three. (1)

SET 2.

- (a) Twice back—and forward. (2)
Twice back—and forward. (2)
-
- (b) Twice back—and forward Q. (20)
Twice back—and forward—and forward inside
Q (turning at centre). (19)
Twice back—and forward Q. (20)
Twice back—and forward—and forward inside
Q (turning at centre). (19)
-
- (c) Twice back—and forward, pass. (92)
Forward Q out—and forward in. (62)
Twice back—and forward, pass. (92)
Forward Q out—and forward in. (62)
-
- (d) Twice back—and back entire—and forward.
(10)
Twice back, meet—and forward—and forward
three out—and forward in. (7 and 77)
Twice back—and back entire—and forward.
(10)
Twice back, meet—and forward—and forward
three out—and forward in. (7 and 77)

(e) Twice back—and forward change at centre.

(11)

Forward inside Q out—and forward in. (63)

Twice back—and forward change at centre.

(11)

Forward inside Q out—and forward in. (63)

(f) Forward three out—and back three in. (58)

Forward inside three out—and forward three
in. (57)

Forward—and forward Q out—and forward
in. (82)

Forward three out—and back three in. (58)

Forward inside three out—and forward three
in. (57)

Forward—and forward Q out—and forward
in. (82)

(g) Twice back—and forward—and forward inside
three. (4)

Forward—and forward inside three out—and
forward in. (78)

Twice back—and forward—and forward inside
three. (4)

Forward—and forward inside three out—and
forward in. (78)

SET 3.

- (a) Twice back—and forward; (2)
Twice back—and forward. (2)
-
- (b) Twice back; back change at centre. (13)
Twice back—and back inside change at
centre. (14)
Twice back, back change at centre. (13)
Twice back—and back inside change at
centre. (14)
-
- (c) Twice back, to centre—and forward inside
three. (8)
Twice back, to centre—and forward inside
three. (8)
-
- (d) Twice back—and forward, pass—and forward
two turns out—and forward in. (96)
Forward Q out—and forward Q in. (70)
Twice back—and forward, pass—and forward
two turns out—and forward in. (96)
Forward Q out—and forward Q in. (70)
-
- (e) Twice back, back Q (changing at centre) (17)
Twice back—and back inside Q (changing at
centre). (18)

Forward inside Q out—and forward in, (63)
 Twice back, back Q (changing at centre). (17)
 Twice back—and back inside Q (changing at
 centre). (18)
 Forward inside Q out—and forward in. (63)

(f) Forward—and forward two turns out—and
 forward in. (79)
 Forward—and forward two turns out—and
 forward in. (79)

(g) Twice back, pass. (93)
 Once back, back change out—and forward in.
 (55)
 Twice back, pass. (93)
 Once back, back change out—and forward in.
 (55)

(h) Twice back—and forward change at centre.
 (11)
 Forward inside Q out—and forward inside Q
 in. (70)
 Twice back—and forward change at centre.
 (11)
 Forward inside Q out—and forward inside Q
 in. (70)

SET 4.

- (a) Twice back—and forward. (2)
Twice back—and forward. (2)
-
- (b) Twice back—and forward reverse Q (turning at centre)—and forward. (21)
Twice back—and forward three—and forward inside reverse Q (turning at centre)—and inside forward. (22)
Forward inside reverse Q out—and forward inside reverse Q in. (73)
Twice back—and forward reverse Q (turning at centre)—and forward. (21)
Twice back—and forward three—and forward inside reverse Q (turning at centre)—and inside forward. (22)
Forward inside reverse Q out—and forward inside reverse Q in. (73)
-
- (c) Forward—and forward three turns out—and forward in. (80)
Once back—and back two turns out—and forward in. (81)
Forward—and forward three turns out—and forward in. (80)
Once back—and back two turns out—and forward in. (81)

- (d) Twice back—and back entire, back two turns
—and forward. (49)
Forward three—and forward inside Q out—
and forward inside change in. (89)
Twice back—and back entire, back two turns
—and forward. (49)
Forward three—and forward inside Q out—
and forward inside change in. (89)
- (e) Twice back—and forward two turns. (37)
Twice back—and forward two turns. (37)
- (f) Twice back—and forward Large three (turn-
ing at centre). (32)
Twice back—and forward three—and forward
Large inside three (turning at centre). (32)
Twice back—and forward Large three (turn-
ing at centre). (32)
Twice back—and forward three—and forward
Large inside three (turning at centre). (32)
- (g) Twice back—and forward two turns, forward
Q (changing at centre). (43)
Forward three out—and forward inside three
in. (57)
Twice back—and forward two turns, forward
Q (changing at centre). (43)
Forward three out—and forward inside three
in. (57)
- Forward three. (1)
Forward three. (1)

SET 5.

- (a) Forward two turns. (35)
Forward two turns. (35)
-

- (b) Twice back—and forward three turns. (41)
Forward Q out—and back Q in. (71)
Twice back—and forward three turns. (41)
Forward Q out—and back Q in. (71)
-

- (c) Twice back, back reverse Q (changing at centre)—and inside forward. (23)
Forward inside three—and forward.
Twice back, back Large three (turning at centre). (32)
Forward inside Q out—and back Q in. (71)
Twice back, back reverse Q (changing at centre)—and inside forward. (23)
Forward inside three—and forward.
Twice back, back Large three (turning at centre). (32)
Forward inside Q out—and back Q in. (71)
-

- (d) Twice back—and forward, pass—and forward two turns out—and forward in. (96)
Twice back, back two turns, back Q (changing at centre). (44)

Twice back—and forward, pass—and forward
two turns out—and forward in. (96)

Twice back, back two turns, back Q (chang-
ing at centre). (44)

(e) Twice back, pass—and back two turns out—
and forward in. (97)

Twice back—and forward reverse Q—and
back entire—and forward three. (27)

Twice back, pass—and back two turns out—
and forward in. (97)

Twice back—and forward reverse Q—and
back entire—and forward three. (27)

(f) Twice back—and forward—and forward in-
side change at centre. (12)

Forward Q out, back Q in. (72)

Twice back—and forward—and forward in-
side change at centre. (12)

Forward Q out, back Q in. (72)

(g) Twice back—and back entire—and back
eight. (34)

Twice back—and back entire—and back
eight. (34)

SET 6.

- a) Forward three turns. (36)
 Forward three turns. (36)
- b) Twice back, meet—and forward three
 turns. (42)
 Twice back, meet—and. forward three
 turns. (42)
- c) Forward reverse Q out—and forward in. (66)
 Once back, back Q out—and forward in. (64)
 Forward reverse Q out—and forward in. (66)
 Once back, back Q out—and forward in. (64)
- d) Twice back—and forward three turns, back
 inside Q (changing at centre). (45)
 Forward inside Q out, back inside Q in. (72)
 Inside forward—and forward Q out—and
 forward in. (82)
 Twice back—and forward three turns, back
 inside Q (changing at centre). (45)
 Forward inside Q out, back inside Q in. (72)
 Inside forward—and forward Q out—and
 forward in. (82)
- e) Twice back—and forward three turns—and
 back, meet—and forward four turns. (50)

Forward reverse Q out—and forward reverse
Q in. (73)

Twice back—and forward three turns—and
back, meet—and forward four turns. (50)

Forward reverse Q out—and forward reverse
Q in. (73)

(f) Twice back—and forward three turns—and
back—and back entire, back two turns—
and forward two turns. (52)

Forward three out, change, back three in. (59)

Forward inside reverse Q out—and forward
in. (67)

Twice back—and forward three turns—and
back—and back entire, back two turns—
and forward two turns. (52)

Forward three out, change, back three in. (59)

Forward inside reverse Q out—and forward
in. (67)

(g) Twice back—and forward two turns, pass. (94)

Forward three turns out—and forward inside
three turns in. (60)

Twice back—and forward two turns, pass. (94)

Forward three turns out—and forward inside
three turns in. (60)

SET 7.

- a) Twice back—and forward change at centre.
(11)
Forward inside three—and back Q out—and
forward change in. (90)
Inside forward—and forward two turns out—
and forward in. (79)
Twice back—and forward change at centre.
(11)
Forward inside three—and back Q out—and
forward change in. (90)
Inside forward—and forward two turns out—
and forward in. (79)
-
- b) Twice back—and back inside Q. (20)
Forward inside three out—and back inside
three in. (58)
Twice back—and back inside Q. (20)
Forward inside three out—and back inside
three in. (58)
-
- (c) Twice back—and forward two turns, change
at centre, forward inside two turns—and
forward. (46)
Forward two turns out, change, forward inside
two turns in. (61)
Forward inside three, change out, back inside
three—and forward in. (88)

Twice back—and forward two turns, change at centre, forward inside two turns—and forward. (46)

Forward two turns out, change, forward inside two turns in. (61)

Forward inside three, change out, back inside three—and forward in. (88)

(d) Twice back—and forward—and forward inside three turns, back Q (changing at centre). (45)

Forward reverse Q out, back reverse Q in. (75)

Twice back—and forward—and forward inside three turns, back Q (changing at centre). (45)

Forward reverse Q out, back reverse Q in. (75)

(e) Forward Q, back Q out—and forward Q back Q in. (84)

Forward three. (1)

Forward Q, back Q out—and forward Q, back Q in. (84)

Forward three. (1)

(f) Twice back, back two turns, pass. (95)

Forward—and forward inside Q out—and forward in. (82)

Twice back, back two turns, pass. (95)

Forward—and forward inside Q out—and forward in. (82)

SET 8

- 1) Twice back—and back inside reverse Q (turning at centre)—and forward. (24)

Twice back—and back Large inside three. (31)

Twice back—and back inside reverse Q (turning at centre)—and forward. (24)

Twice back—and back Large inside three. (31)

- 2) Twice back—and forward three turns, change at centre, back three turns—and forward. (48)

Forward—and forward reverse Q out—and forward in. (83)

Twice back—and forward three turns, change at centre, back three turns—and forward. (48)

Forward—and forward reverse Q out—and, forward in. (83)

- 3) Twice back—and forward three, pass, change pass—and forward three. (99)

Forward—and forward three turns out—and forward in. (80)

Twice back—and forward three, pass, change,
pass—and forward three. (99)

Forward—and forward three turns out—and
forward in. (80)

(d) Forward reverse Q, back reverse Q out—and
forward reverse Q, back reverse Q in. (86)

Forward Q out, back Q in, change at centre,
forward inside Q out, back inside Q in.
(85)

Forward inside Q, back inside Q out—and
forward Q, back Q in. (84)

Forward reverse Q, back reverse Q out—and
forward reverse Q, back reverse Q in. (86)

Forward Q out, back Q in, change at centre,
forward inside Q out, back inside Q in.
(85)

Forward inside Q, back inside Q out—and
forward Q, back Q in. (84)

(e) Twice back—and forward reverse Q (changing
at centre). (25)

Twice back—and forward reverse Q (changing
at centre). (25)

(f) Twice back—and forward—and forward inside
three turns—and back entire—and back
inside two turns—and forward inside two
turns. (52)

Forward inside three—and forward.

Twice back—and forward—and forward inside
three turns—and back entire—and back
inside two turns—and forward inside two
turns. (52)

Forward inside three—and forward.

(g) Twice back, pass—and back entire—and back
two turns out—and forward in. (98)

Twice back—and forward—and forward inside
reverse Q. (26)

Twice back, pass—and back entire—and back
two turns out—and forward in. (98)

Twice back—and forward—and forward inside
reverse Q. (26)

SET 9.

(a) Twice back—and forward mohawk at centre.
(101)

Forward—and forward inside reverse Q out—
and forward in. (83)

Twice back—and forward mohawk at centre.
(101)

Forward—and forward inside reverse Q out—
and forward in. (83)

(b) Twice back—and forward Rocking turn at
centre. (107)

Twice back—and forward—and forward inside
Rocking turn at centre. (108)

Twice back—and forward Rocking turn at
centre. (107)

Twice back—and forward—and forward inside
Rocking turn at centre. (108)

(c) Twice back, back Rocking turn at centre.
(109)

Twice back—and back inside Rocking turn at
centre. (110)

Forward inside reverse Q out—and forward
in. (67)

Twice back, back Rocking turn at centre.
(109)

Twice back—and back inside Rocking turn at centre. (110)

Forward inside reverse Q out—and forward in. (67)

(d) Twice back—and forward Bracket turn at centre. (121)

Twice back—and forward—and forward inside Bracket turn at centre. (122)

Twice back—and forward Bracket turn at centre. (121)

Twice back—and forward—and forward inside Bracket turn at centre. (122)

(e) Twice back—and forward mohawk at centre, back Q out—and forward in. (103)

Twice back—and forward Rocking turn at centre, back Q out—and forward in. (115)

Twice back—and forward mohawk at centre, back Q out—and forward in. (103)

Twice back—and forward Rocking turn at centre, back Q out—and forward in. (115)

f) Twice back—and forward pass-mohawk at centre. (102)

Forward mohawk—and back entire—and forward mohawk. (105)

Twice back—and forward pass-mohawk at centre. (102)

Forward mohawk—and back entire—and forward mohawk. (105)

(g) Forward—and forward inside mohawk, back inside two turns. (106)

Forward—and forward inside mohawk, back inside two turns. (106)

SET 10.

- (a) Twice back—and forward Counter-rocking turn at centre. (111)
Twice back—and forward—and forward inside Counter-rocking turn at centre. (112)
Twice back—and forward Counter-rocking turn at centre (111)
Twice back—and forward—and forward inside Counter-rocking turn at centre. (112)
-
- (b) Twice back, back Counter-rocking turn at centre. (113)
Twice back—and back inside Counter-rocking turn at centre. (114)
Forward inside three—and forward.
Twice back, back Counter-rocking turn at centre (113)
Twice back—and back inside Counter-rocking turn at centre (114)
Forward inside three—and forward.
-
- (c) Twice back—and forward pass-mohawk at centre, back Rocking turn. (117)
Twice back, back Rocking turn at centre, forward mohawk. (118)
-

Twice back—and forward pass-mohawk at centre, back Rocking turn. (117)

Twice back, back Rocking turn at centre, forward mohawk. (118)

(d) Twice back—and forward reverse Q (changing at centre), back Rocking turn. (116)

Twice back—and forward reverse Q (changing at centre), back Rocking turn. (116)

(e) Forward three, back inside Bracket turn. (126)

Forward three, back inside Bracket turn. (126)

(f) Twice back—and forward three, back inside Bracket turn at centre. (127)

Twice back—and forward—and forward inside three, back Rocking turn at centre. (119)

Twice back—and forward three, back inside Bracket turn at centre. (127)

Twice back—and forward—and forward inside three, back Rocking turn at centre. (119)

(g) Twice back—and forward Bracket turn at centre—and forward inside Bracket turn—and back entire—and forward. (125)

Twice back—and back inside Rocking turn at centre, forward inside Bracket turn. (129)

Twice back—and forward Bracket turn at centre—and forward inside Bracket turn—and back entire—and forward. (125)

Twice back—and back inside Rocking turn at centre, forward inside Bracket turn. (129)

(h) Twice back—and forward Counter-rocking turn at centre, back Rocking turn. (130)

Twice back—and forward Counter-rocking turn at centre, back Rocking turn. (130)

